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Pineapple Scones

Grains/Breads

Grains/Breads

A-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 4 oz	1 qt $\frac{2}{3}$ cup	2 lb 8 oz	2 qt 1 $\frac{1}{2}$ cups	1. Combine flour, brown sugar, baking powder, cinnamon, ginger, and salt in a mixing bowl. Mix using a paddle attachment for 30 seconds on low speed. 2. Add oil and mix for 2 minutes on low speed, until mixture resembles coarse crumbs. 3. Drain pineapple and reserve $\frac{1}{2}$ cup juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix for 1 minute at low speed, until dry ingredients are moistened. Scrape down sides of bowl and mix for 30 seconds on medium speed. Dough should be sticky. 4. Divide dough into balls 9 oz each. For 25 servings, 5 balls. For 50 servings, 10 balls.
Brown sugar, packed	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	
Baking powder		1 Tbsp		2 Tbsp	
Ground cinnamon		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground ginger		$\frac{1}{2}$ tsp		1 tsp	
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Vegetable oil		3 Tbsp		$\frac{1}{4}$ cup 1 Tbsp	
Canned crushed, unsweetened pineapple	12 oz	1 $\frac{1}{4}$ cups ($\frac{2}{3}$ No. 2 can)	1 lb 8 oz	2 $\frac{1}{2}$ cups (1 $\frac{1}{3}$ No. 2 cans)	
Reserved pineapple juice OR Lowfat milk		$\frac{1}{2}$ cup OR $\frac{1}{2}$ cup		1 cup OR 1 cup	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	$\frac{1}{2}$ cup OR 3 each	8 oz	1 cup OR 5 each	

Pineapple Scones

Grains/Breads

Grains/Breads

A-01

Sugar		3 Tbsp		¼ cup 1 Tbsp	5. Sprinkle 1 Tbsp of sugar on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 3 pans. For 50 servings, use 5 pans. Place two 9 oz balls of dough on each pan. For 25 servings, 1 pan will have 1 ball of dough. Shape each ball into a 6" round about ¾" thick. Score the top surface of each round into 5 pie shaped wedges, cutting about ¼" deep with a sharp knife.
Sugar		2 ½ tsp		1 Tbsp 1 tsp	6. Topping: Combine sugar and cinnamon (optional) in a small bowl. Sprinkle ½ tsp of mixture over each round.
Cinnamon (optional)		½ tsp		1 tsp	
Powdered sugar	4 oz	⅔ cup	8 oz	1 ⅓ cups	7. Bake until golden brown: Conventional oven: 350° F for 19 minutes Convection oven: 325° F for 15 minutes
Lemon juice		2 Tbsp		¼ cup	8. Glaze: In a small bowl, whisk together powdered sugar, lemon juice and lemon peel until smooth. While baked rounds are still warm, spread 1 Tbsp of glaze over each.
Grated lemon peel		⅛ tsp		¼ tsp	9. Cut each round into 5 pie-shaped wedges. Each wedge is one scone. Portion is 1 scone.

SERVING:

1 scone provides the equivalent of 1 ½ slices bread.

YIELD:

25 Servings: 2 lb 14 oz

50 Servings: 5 lb 12 oz

VOLUME:

25 Servings: 25 scones

50 Servings: 50 scones

Edited 2004

Special Tip:

When portioning the dough, dip your hands (gloved) into flour to prevent sticking.

Pineapple Scones

Grains/Breads

Grains/Breads

A-01

Nutrients Per Serving

Calories	159	Saturated Fat	0.37 g	Iron	1.40 mg
Protein	2.97 g	Cholesterol	19 mg	Calcium	55 mg
Carbohydrate	32.21 g	Vitamin A	31 IU	Sodium	76 mg
Total Fat	2.07 g	Vitamin C	1.3 mg	Dietary Fiber	0.7 g

Corn Muffins

Grains/Breads

Grains/Breads

A-02

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<ol style="list-style-type: none"> Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl. Slowly add milk and mix for 30 seconds on medium speed until smooth. Add oil and mix on for 30 seconds on medium speed until blended. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined. Bake until golden brown: Conventional oven: 400° F for 15 minutes Convection oven: 375° F for 10 minutes Portion is 1 muffin.
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed	2 oz	¼ cup	4 oz	½ cup	
OR Fresh large eggs		OR 2 each		OR 3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
1 muffin provides the equivalent of ¾ slice bread.	25 Servings: 1 lb 9 oz	25 Servings: 25 muffins 1 quart 1 cup (batter)
	50 Servings: 3 lb 2 oz	50 Servings: 50 muffins 2 quarts 2 cups (batter)

Edited 2004

Corn Muffins

Grains/Breads

Grains/Breads

A-02

Nutrients Per Serving

Calories	94	Saturated Fat	0.47 g	Iron	0.65 mg
Protein	1.82 g	Cholesterol	10 mg	Calcium	55 mg
Carbohydrate	15.82 g	Vitamin A	42 IU	Sodium	192 mg
Total Fat	2.69 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g

Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	<ol style="list-style-type: none"> Combine flour, cornmeal, powdered sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 3 minutes on low speed. Slowly add eggs and mix for 30 seconds on low speed. Scrape down sides of bowl. Slowly add milk and mix for 30 seconds on medium speed, until smooth. Add oil and mix for 30 seconds, on medium speed, until blended. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour approximately 1 lb 12 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 400° F for 12 minutes Convection oven: 375° F for 12 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Yellow cornmeal	3 oz	½ cup	6 oz	1 cup	
Powdered sugar	5 oz	1 cup	10 oz	2 cups	
Baking powder		1 Tbsp		2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Lowfat 1% milk		1 cup		2 cups	
Vegetable oil		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of ¾ slice bread.	25 Servings: 1 lb 12 oz (batter) 50 Servings: 3 lb 8 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan 50 Servings: 2 quarts 2 cups (batter) 2 pans

Corn Muffin Squares

Grains/Breads

Grains/Breads

A-02A

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Nutrients Per Serving					
Calories	94	Saturated Fat	0.47 g	Iron	0.65 mg
Protein	1.82 g	Cholesterol	10 mg	Calcium	55 mg
Carbohydrate	15.82 g	Vitamin A	42 IU	Sodium	192 mg
Total Fat	2.69 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g

Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ¾ cup	1. Combine flours, sugar, baking powder, and salt in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Whole wheat flour	7 oz	1 ⅓ cups	14 oz	2 ⅔ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	2. Slowly add milk, eggs, and oil. Mix for 30 seconds on medium speed until smooth.
Baking powder		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 ½ cups		3 cups	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		⅔ cup		1 ⅓ cups	3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.
Frozen blueberries	6 oz	1 ½ cups	12 oz	3 cups	
OR *Fresh blueberries	OR 8 oz	OR 1 ½ cups	OR 1 lb	OR 3 cups	
					4. Using a No. 24 scoop (2 ⅔ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
					5. Bake until golden brown: Conventional oven: 425° F for 12 minutes Convection oven: 375° F for 13 minutes
					6. Portion is 1 muffin.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Blueberries	9 oz	1 lb 2 oz

Blueberry Muffins

Grains/Breads

Grains/Breads

A-03

SERVING:

1 muffin provides the equivalent of 1 ¼ slices bread.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 25 muffins
1 quart ¼ cup (batter)

50 Servings: 50 muffins
2 quarts ½ cup (batter)

Edited 2004

Nutrients Per Serving

Calories	172	Saturated Fat	1.09 g	Iron	1.03 mg
Protein	3.34 g	Cholesterol	20 mg	Calcium	93 mg
Carbohydrate	25.28 g	Vitamin A	64 IU	Sodium	180 mg
Total Fat	6.72 g	Vitamin C	0.3 mg	Dietary Fiber	1.5 g

Banana Muffins

Grains/Breads

Grains/Breads

A-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh bananas, peeled	8 oz		1 lb		1. Using the paddle attachment, mash bananas for 2 minutes on low speed, until no large chunks remain. Remove the bananas from bowl and set aside.
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Instant nonfat dry milk		½ cup		⅔ cup	2. Combine flour, dry milk, baking powder, sugar, and salt in the mixing bowl. Mix for 1 minute on low speed. Add bananas to dry ingredients. Mix for 30 seconds on low speed.
Baking powder		2 Tbsp		¼ cup	
Sugar	8 oz	1 cup	1 lb	2 cups	3. In a separate bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15-20 seconds, until all of the dry ingredients are moistened.
Salt		1 tsp		2 tsp	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup OR 3 each	8 oz	1 cup OR 6 each	4. Slowly add oil and mix for about 30 seconds on low speed. Do not over mix. The batter will be lumpy.
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vanilla		2 tsp		1 Tbsp 1 tsp	5. Using a No. 20 scoop (3 ⅓ Tbsp), portion batter into muffin pans which have been lightly coated with pan release spray or paper lined.
Vegetable oil		¼ cup 2 Tbsp		¾ cup	
					6. Bake until lightly browned: Conventional oven: 425° F for 10-12 minutes Convection oven: 350° F for 10-12 minutes
					7. Portion is 1 muffin.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Bananas	13 oz	1 lb 10 oz

Banana Muffins

Grains/Breads

Grains/Breads

A-04

SERVING:

1 muffin provides the equivalent of 1 slice bread.

YIELD:

25 Servings: 2 lb 13 oz

50 Servings: 5 lb 10 oz

VOLUME:

25 Servings: 25 muffins
1 quart 1 ¼ cups (batter)

50 Servings: 50 muffins
2 quarts 2 ½ cups (batter)

Edited 2004

Nutrients Per Serving

Calories	141	Saturated Fat	0.50 g	Iron	0.95 mg
Protein	2.65 g	Cholesterol	0 mg	Calcium	96 mg
Carbohydrate	25.00 g	Vitamin A	29 IU	Sodium	194 mg
Total Fat	3.49 g	Vitamin C	0.9 mg	Dietary Fiber	0.7 g

Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 ¼ cups		2 ½ cups	1. Combine milk, eggs, oil, and applesauce in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment, mix batter for 15 seconds on low speed until combined. Scrape down sides of bowl. 3. Mix for 1 minute on medium speed. 4. Portion batter with level No. 16 scoop (¼ cup) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.) 5. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute. 6. Portion is 1 pancake.
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Baking powder		2 Tbsp		¼ cup	
Salt		1 tsp		2 tsp	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Ground cinnamon		¼ tsp		½ tsp	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice bread.	25 Servings: 3 lb 1 oz	25 Servings: 25 pancakes 1 quart 2 ¼ cups (batter)
	50 Servings: 6 lb 2 oz	50 Servings: 50 pancakes 3 quarts ½ cups (batter)

Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Edited 2004

Nutrients Per Serving					
Calories	128	Saturated Fat	0.71 g	Iron	1.07 mg
Protein	2.76 g	Cholesterol	20 mg	Calcium	102 mg
Carbohydrate	20.23 g	Vitamin A	56 IU	Sodium	193 mg
Total Fat	4.06 g	Vitamin C	0.5 mg	Dietary Fiber	0.7 g

Oven-Baked Pancakes

Grains/Breads

Grains/Breads

A-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	<ol style="list-style-type: none"> Combine flour, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	25 Servings: 2 lb 9 oz	25 Servings: 1 quart 1 cup (batter) 1 half-sheet pan
	50 Servings: 5 lb 2 oz	50 Servings: 2 quarts 2 cups (batter) 2 half-sheet pans

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Oven-Baked Pancakes

Grains/Breads

Grains/Breads

A-06

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
Calories	110	Saturated Fat	0.66 g	Iron	1.00 mg
Protein	3.29 g	Cholesterol	20 mg	Calcium	122 mg
Carbohydrate	16.97 g	Vitamin A	89 IU	Sodium	294 mg
Total Fat	3.11 g	Vitamin C	0.3 mg	Dietary Fiber	0.5 g

Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour	7 oz	1 ½ cups	14 oz	3 cups	<ol style="list-style-type: none"> Combine flours, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Enriched all-purpose flour	7 oz	1 ½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	25 Servings: 2 lb 9 oz	25 Servings: 1 quart 1 cup (batter) 1 half-sheet pan
	50 Servings: 5 lb 2 oz	50 Servings: 2 quarts 2 cups (batter) 2 half-sheet pans

Oven-Baked Whole Wheat Pancakes

Grains/Breads

Grains/Breads

A-06A

Edited 2004

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving					
Calories	103	Saturated Fat	0.68 g	Iron	0.88 mg
Protein	3.44 g	Cholesterol	20 mg	Calcium	124 mg
Carbohydrate	15.80 g	Vitamin A	89 IU	Sodium	294 mg
Total Fat	3.17 g	Vitamin C	0.3 mg	Dietary Fiber	1.2 g

Oven-Baked Three-Grain Pancakes

Grains/Breads

Grains/Breads

A-06B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched buckwheat flour	5 oz	1 cup	10 oz	2 cups	<ol style="list-style-type: none"> Combine flours, wheat bran, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 1 minute on medium speed until batter is smooth. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Wheat bran	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

Oven-Baked Three-Grain Pancakes

Grains/Breads

Grains/Breads

A-06B

SERVING:

1 piece provides the equivalent of 1 slice bread.

YIELD:

25 Servings: 2 lb 9 oz

50 Servings: 5 lb 2 oz

VOLUME:

25 Servings: 1 quart 1 cup (batter)
1 half-sheet pan

50 Servings: 2 quarts 2 cups (batter)
2 half-sheet pans

Edited 2004

Special Tip:

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Nutrients Per Serving

Calories	98	Saturated Fat	0.73 g	Iron	1.26 mg
Protein	3.90 g	Cholesterol	20 mg	Calcium	128 mg
Carbohydrate	15.76 g	Vitamin A	89 IU	Sodium	295 mg
Total Fat	3.47 g	Vitamin C	0.3 mg	Dietary Fiber	3.7 g

Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup	8 oz	1 cup	1. In a bowl, whisk eggs until foamy.
		OR 3 each		OR 5 each	
Brown sugar, packed	6 oz	¾ cup	12 oz	1 ½ cups	2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey	3 oz	¼ cup	6 oz	½ cup	
Lowfat plain yogurt	4 oz	½ cup	8 oz	1 cup	3. Combine flours, baking powder, baking soda, cinnamon, ginger, and cloves in a separate bowl. Sift dry ingredients into egg mixture, 1 cup at a time. Stir lightly after each addition until a soft dough is formed.
Vegetable oil		¼ cup		½ cup	
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	4. Cover with plastic and refrigerate for at least 1 hour.
Whole wheat flour	5 oz	1 cup	10 oz	2 cups	
Baking powder		2 tsp		1 Tbsp 1 tsp	5. On a well-floured surface, roll out dough to a ½" thickness. Cut doughnuts with a floured doughnut cutter. Combine unused dough and continue process until all dough is used. Place doughnuts 3 across and 4 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. Spray tops of doughnuts lightly with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Baking soda		1 tsp		2 tsp	
Ground cinnamon		¼ tsp		½ tsp	
Ground ginger		¼ tsp		½ tsp	
Ground cloves		¼ tsp		½ tsp	

Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads

A-07

Sugar	4 oz	½ cup	8 oz	1 cup	6. Topping: Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture.
Ground cinnamon		1 ½ tsp		1 Tbsp	
					7. Bake until lightly browned: Conventional oven: 350° F for 6-8 minutes Convection oven: 300° F for 6-8 minutes
					8. Portion is 1 doughnut.

SERVING:

1 doughnut provides the equivalent of 1 ¼ slices of bread.

YIELD:

24 Servings: 1 lb 14 oz

48 Servings: 3 lb 12 oz

VOLUME:

24 Servings: 24 doughnuts
2 pans

48 Servings: 48 doughnuts
4 pans

Edited 2004

Nutrients Per Serving

Calories	140	Saturated Fat	0.55 g	Iron	1.17 mg
Protein	3.13 g	Cholesterol	20 mg	Calcium	50 mg
Carbohydrate	25.45 g	Vitamin A	33 IU	Sodium	95 mg
Total Fat	3.07 g	Vitamin C	0.1 mg	Dietary Fiber	1.1 g

Not Fried Rice

Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

A-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain	1 lb	2 ¼ cups	2 lb	1 qt ½ cup	1. Place 1 lb (2 ¼ cups) of rice and 1 qt 1 cup of water in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover with foil. Bake: Conventional oven 350° F for 25 minutes Convection oven 325° F for 20 minutes
Water		1 qt 1 cup		2 qt 2 cups	
Vegetable oil		2 Tbsp		¼ cup	2. In a stock pot, heat oil. Add onions. Cook 3-5 minutes.
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Frozen peas	13 oz	2 cups	1 lb 10 oz	1 qt	3. Add peas, soy sauce, and carrots. Cook 5-10 minutes over medium heat.
Low-sodium soy sauce		½ cup		⅔ cup	
Frozen diced carrots	13 oz	1 ¾ cups 1 Tbsp	1 lb 10 oz	3 ½ cups 2 Tbsp	4. In a separate pan which has been lightly coated with pan release spray, cook eggs for 10-15 minutes or until set over medium heat, stirring frequently. 5. Combine hot cooked rice, vegetable mixture, and cooked eggs. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 12 oz (approximately 1 qt 1 cup) rice mixture. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover with foil.
Frozen whole eggs, thawed OR Fresh large eggs, beaten	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
					6. CCP: Hold for hot service at 135° F or higher.
					7. Portion with No. 10 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz

Not Fried Rice

Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

A-08

SERVING:	YIELD:	VOLUME:
<p>$\frac{3}{8}$ cup (No. 10 scoop) provides $\frac{1}{4}$ large egg or the equivalent of $\frac{1}{2}$ oz cooked lean, $\frac{1}{8}$ cup of vegetable and the equivalent of $\frac{1}{2}$ slice of bread.</p>	25 Servings: 5 lb 8 oz	25 Servings: 2 quarts 2 cups 2 pans
	50 Servings: 11 lb	50 Servings: 1 gallon 1 quart 4 pans

Tested 2004

Nutrients Per Serving			
Calories	116	Saturated Fat	0.61 g
Protein	4.76 g	Cholesterol	58 mg
Carbohydrate	18.65 g	Vitamin A	2662 IU
Total Fat	2.63 g	Vitamin C	2.0 mg
		Iron	1.33 mg
		Calcium	17 mg
		Sodium	216 mg
		Dietary Fiber	1.5 g

Cut Biscuits

Grains/Breads

Grains/Breads

A-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 4 ½ oz	1 qt ⅔ cup	2 lb 9 oz	2 qt 1 ⅓ cups	<ol style="list-style-type: none"> Combine flour, dry milk, baking powder, and salt in mixer with dough hook for 1 minute on low speed. Add shortening to dry ingredients and blend for 2 minutes on low speed. Mixture will be crumbly. Add water and mix for 30 seconds on low speed to form soft dough. Scrape down sides of bowl. Mix for 30 seconds on low speed. Turn out onto lightly floured surface. Knead dough lightly for 1 minute. Divide into balls 1 lb 3 ¾ oz each. For 25 servings, 2 balls. For 50 servings, 4 balls. Roll or pat dough to ½" thickness. Cut with floured 2 ½" biscuit cutter. Combine unused dough and continue process until all dough is used. Place cut biscuits in rows of 5 across and 5 down onto a half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes Portion is 1 biscuit.
Instant nonfat dry milk		½ cup	2 ½ oz	1 cup	
Baking powder		3 Tbsp	2 ½ oz	¼ cup 2 Tbsp	
Salt		1 ¼ tsp		2 ½ tsp	
Shortening	5 oz	⅔ cup	10 oz	1 ⅓ cups	
Water, cold		1 ½ cups 1 Tbsp		3 cups 2 Tbsp	

Cut Biscuits

Grains/Breads

Grains/Breads

A-09

SERVING:

1 biscuit provides the equivalent of 1 ½ slices of bread.

YIELD:

25 Servings: 2 lb 8 oz (dough)
50 Servings: 5 lb (dough)

VOLUME:

25 Servings: 25 (2 ½-inch) biscuits
50 Servings: 50 (2 ½-inch) biscuits

Tested 2004

Nutrients Per Serving

Calories	141	Saturated Fat	1.46 g	Iron	1.25 mg
Protein	2.90 g	Cholesterol	0 mg	Calcium	126 mg
Carbohydrate	18.82 g	Vitamin A	34 IU	Sodium	237 mg
Total Fat	5.91 g	Vitamin C	0.1 mg	Dietary Fiber	0.6 g

Drop Biscuits

Grains/Breads

Grains/Breads

A-09A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 8 oz	1 qt 1 ½ cups	3 lb	2 qt 3 cups	<ol style="list-style-type: none"> Blend flour, dry milk, baking powder, and salt in mixer for 1 minute on low speed. Add shortening and blend into dry ingredients for 2 minutes on low speed. Mixture will be crumbly. Add water and mix on low speed for approximately 30 seconds. Scrape down sides of bowl. Mix on low speed for 30 seconds to form soft dough. Portion dough with a level No. 20 scoop (3 ⅓ Tbsp). Place biscuits in rows 5 across and 5 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes Portion is 1 biscuit.
Instant nonfat dry milk		½ cup 2 Tbsp	3 oz	1 ¼ cups	
Baking powder		3 Tbsp 1 ½ tsp		¼ cup 3 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Shortening	5 ¾ oz	¾ cup 2 Tbsp	11 ½ oz	1 ¾ cups	
Water, cold		2 ¼ cups 2 Tbsp		1 qt ¾ cup	

SERVING:	YIELD:	VOLUME:
1 biscuit provides the equivalent of 1 ¾ slices of bread.	25 Servings: 3 lb 2 oz (dough) 50 Servings: 6 lb 4 oz (dough)	25 Servings: 1 quart 1 cup (dough) 25 biscuits 50 Servings: 2 quarts 2 cups (dough) 50 biscuits

Tested 2004

Drop Biscuits

Grains/Breads

Grains/Breads

A-09A

Nutrients Per Serving

Calories	164	Saturated Fat	1.68 g	Iron	1.49 mg
Protein	3.41 g	Cholesterol	0 mg	Calcium	168 mg
Carbohydrate	22.12 g	Vitamin A	40 IU	Sodium	302 mg
Total Fat	6.80 g	Vitamin C	0.1 mg	Dietary Fiber	0.7 g

Cut Biscuits Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-09B

Ingredients					Directions
	Weight	Measure	Weight	Measure	
Water, cold		1 ¾ cups 2 Tbsp		3 ¾ cups	1. Add water to Master Mix and mix for 1 minute on low speed to form soft dough.
Master Mix (A-15)	1 lb 14 oz	1 qt 2 cups	3 lb 12 oz	3 qt	
					2. Turn out onto lightly floured surface. Knead dough lightly for 1 minute.
					3. Roll or pat out dough to ½" thickness. Cut with floured 2 ½" biscuit cutter. Combine unused dough and continue process until all dough is used. Place cut biscuits in rows of 5 across and 5 down onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or paper lined. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Bake until lightly browned: Conventional oven: 450° F for 12-14 minutes Convection oven: 400° F for 8-10 minutes
					5. Portion is 1 biscuit.

SERVING:	YIELD:	VOLUME:
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1 biscuit provides the equivalent of 1 ½ slices of bread.

25 Servings: 2 lb 13 oz (dough)

50 Servings: 5 lb 10 oz (dough)

25 Servings: 25 (2 ½-inch) biscuits

50 Servings: 50 (2 ½-inch) biscuits

Tested 2004

Cut Biscuits Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-09B

Nutrients Per Serving

Calories	141	Saturated Fat	1.47 g	Iron	1.22 mg
Protein	2.94 g	Cholesterol	0 mg	Calcium	119 mg
Carbohydrate	18.69 g	Vitamin A	12 IU	Sodium	246 mg
Total Fat	5.95 g	Vitamin C	0.1 mg	Dietary Fiber	0.6 g

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	1 lb	3 $\frac{3}{4}$ cups	<p>1. Combine flour, cornmeal or corn grits, sugar, baking powder, and salt in a mixing bowl. Mix for 1 minute on low speed.</p> <p>2. In a separate bowl, mix eggs, milk, oil, cheese, and chili peppers. Add to dry ingredients and blend for 30 seconds on low speed. Beat for 1 minute on medium speed.</p> <p>3. Scrape down sides of bowl. Beat for 1-2 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.</p> <p>4. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 1 oz (1 qt 3 $\frac{1}{4}$ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>5. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes</p> <p>6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
Cornmeal	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	
OR	OR	OR	OR	OR	
Enriched corn grits	8 oz	1 $\frac{1}{4}$ cups 2 Tbsp	1 lb	2 $\frac{3}{4}$ cups	
Sugar	2 $\frac{2}{3}$ oz	$\frac{1}{4}$ cup 2 Tbsp	5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup	
Baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		$\frac{5}{8}$ tsp		1 $\frac{1}{4}$ tsp	
Frozen whole eggs, thawed	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Lowfat 1% milk		1 $\frac{3}{4}$ cups 2 Tbsp		3 $\frac{3}{4}$ cups	
OR		OR		OR	
Instant nonfat dry milk, reconstituted		1 $\frac{3}{4}$ cups 2 Tbsp		3 $\frac{3}{4}$ cups	
Vegetable oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Reduced fat Cheddar cheese, shredded	6 oz	1 $\frac{3}{4}$ cups	12 oz	3 $\frac{1}{2}$ cups	
Green chili peppers, chopped	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads

A-10

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 1 oz (batter)	25 Servings: 1 quart 3 ¼ cups (batter) 1 pan
	50 Servings: 6 lb 2 oz (batter)	50 Servings: 3 quarts 2 ½ cups (batter) 2 pans

Edited 2004

Nutrients Per Serving					
Calories	131	Saturated Fat	1.40 g	Iron	0.96 mg
Protein	4.73 g	Cholesterol	24 mg	Calcium	132 mg
Carbohydrate	18.28 g	Vitamin A	138 IU	Sodium	211 mg
Total Fat	4.40 g	Vitamin C	1.0 mg	Dietary Fiber	1.0 g

Muffin Squares

Grains/Breads

Grains/Breads

A-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	<ol style="list-style-type: none"> Combine flour, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix 5 minutes on low speed. Add raisins (optional). In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until lightly browned: Conventional oven: 425° F for 20 minutes Convection oven: 350° F for 15 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 2 lb 3 ½ oz (batter) 50 Servings: 4 lb 7 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan 50 Servings: 2 quarts 2 cups (batter) 2 pans

Muffin Squares

Grains/Breads

Grains/Breads

A-11

Tested 2004

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

Nutrients Per Serving

Calories	110	Saturated Fat	0.56 g	Iron	0.90 mg
Protein	2.28 g	Cholesterol	10 mg	Calcium	81 mg
Carbohydrate	16.95 g	Vitamin A	39 IU	Sodium	219 mg
Total Fat	3.66 g	Vitamin C	0.1 mg	Dietary Fiber	0.4 g

Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	10 ½ oz	2 ½ cups	1 lb 5 oz	1 qt 1 cup	<ol style="list-style-type: none"> Combine flours, dry milk, baking powder, sugar, and salt in a mixing bowl. Mix for 5 minutes on low speed. Add raisins (optional). In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 3 ½ oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Whole wheat flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Instant nonfat dry milk		¼ cup 2 Tbsp		¾ cup	
Baking powder		2 Tbsp		¼ cup	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Salt		1 tsp		2 tsp	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 2 lb 3 ½ oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan
	50 Servings: 4 lb 7 oz (batter)	50 Servings: 2 quarts 2 cups (batter) 2 pans

Whole Wheat Muffin Squares

Grains/Breads

Grains/Breads

A-11A

Tested 2004

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

Nutrients Per Serving					
Calories	109	Saturated Fat	0.56 g	Iron	0.87 mg
Protein	2.42 g	Cholesterol	10 mg	Calcium	98 mg
Carbohydrate	16.76 g	Vitamin A	39 IU	Sodium	96 mg
Total Fat	3.70 g	Vitamin C	0.1 mg	Dietary Fiber	0.8 g

Muffin Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-11B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	<ol style="list-style-type: none"> Combine Master Mix and sugar. Add raisins (optional). In a separate bowl, combine eggs and water. Slowly add to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15-20 seconds. Scrape down sides of bowl. Slowly add oil while mixing for 40 seconds on low speed. DO NOT OVERMIX. Batter will be lumpy. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 5 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake until lightly browned: Conventional oven: 425° F for 25 minutes Convection oven: 350° F for 15 minutes Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
† Raisins, plumped (optional)	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	2 oz	¼ cup OR 2 each	4 oz	½ cup OR 3 each	
Water		1 ¼ cups 2 Tbsp		2 ¾ cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 2 lb 5 oz (batter) 50 Servings: 4 lb 10 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan 50 Servings: 2 quarts 2 cups (batter) 2 pans

Tested 2004

Muffin Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-11B

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

For muffin pans:

1 qt 1 cup batter will make 25 muffins. Portion batter with No. 20 scoop (3 ½ Tbsp), into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full.

Bake:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

Nutrients Per Serving

Calories	112	Saturated Fat	1.05 g	Iron	0.85 mg
Protein	2.24 g	Cholesterol	10 mg	Calcium	81 mg
Carbohydrate	16.45 g	Vitamin A	22 IU	Sodium	167 mg
Total Fat	4.19 g	Vitamin C	0.1 mg	Dietary Fiber	0.4 g

Pancakes

Grains/Breads

Grains/Breads

A-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	<ol style="list-style-type: none"> Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl. Mix for 3 minutes on low speed. In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy. Portion batter with level No. 20 scoop (3 $\frac{1}{3}$ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.) Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute. Serve immediately. Portion is 1 pancake.
Baking powder		2 Tbsp		$\frac{1}{4}$ cup	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Instant nonfat dry milk		$\frac{1}{2}$ cup		1 cup	
Sugar		2 Tbsp 2 tsp		$\frac{1}{3}$ cup	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	$\frac{3}{4}$ cup 3 Tbsp OR 5 each	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp OR 9 each	
Water		2 $\frac{1}{2}$ cups 2 Tbsp		1 qt 1 $\frac{1}{4}$ cups	
Vegetable oil		$\frac{1}{2}$ cup		1 cup	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice of bread.	25 Servings: 25 (4-inch) pancakes	25 Servings: 1 quart 1 $\frac{1}{4}$ cups (batter)
	50 Servings: 50 (4-inch) pancakes	50 Servings: 2 quarts 2 $\frac{1}{2}$ cups (batter)

Tested 2004

Pancakes

Grains/Breads

Grains/Breads

A-12

Nutrients Per Serving					
Calories	129	Saturated Fat	0.92 g	Iron	1.10 mg
Protein	3.48 g	Cholesterol	39 mg	Calcium	89 mg
Carbohydrate	16.32 g	Vitamin A	90 IU	Sodium	207 mg
Total Fat	5.46 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g

Pancakes Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 6 ½ oz	1 qt ½ cup	2 lb 13 oz	2 qt 1 cup	<ol style="list-style-type: none"> Combine Master Mix and sugar in a mixer for 3 minutes on low speed. In a separate bowl, combine eggs and water. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy Portion batter with level No. 20 scoop (3 ⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.) Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute. Serve immediately. Portion is 1 pancake.
Sugar		2 Tbsp 2 tsp	2 ¼ oz	⅓ cup	
Frozen whole eggs, thawed	8 oz	¾ cup 3 Tbsp	1 lb	1 ¾ cups 2 Tbsp	
OR Fresh large eggs		OR 5 each		OR 9 each	
Water		2 ½ cups 2 Tbsp		1 qt 1 ¼ cups	

SERVING:

1 pancake provides the equivalent of 1 slice of bread.

YIELD:

25 Servings: 25 (4-inch) pancakes

50 Servings: 50 (4-inch) pancakes

VOLUME:

25 Servings: 1 quart 1 ¼ cups (batter)

50 Servings: 2 quarts 2 ½ cups (batter)

Tested 2004

Pancakes Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-12A

Nutrients Per Serving

Calories	124	Saturated Fat	1.39 g	Iron	1.05 mg
Protein	3.34 g	Cholesterol	39 mg	Calcium	94 mg
Carbohydrate	15.40 g	Vitamin A	66 IU	Sodium	196 mg
Total Fat	5.37 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g

Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	1. Combine flour, sugar, dry milk, baking powder, baking soda, and salt in a mixing bowl. Mix for 1 minute on low speed. Reserve for step 3.
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Instant nonfat dry milk		2 Tbsp		¼ cup	
Baking powder		1 Tbsp		2 Tbsp	
Baking soda		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate mixing bowl, combine eggs and water. Blend for 30 seconds on low speed.
Water		½ cup 2 Tbsp		1 ¼ cups	
Shortening	3 ¼ oz	½ cup	6 ½ oz	1 cup	3. Add shortening and egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl. 4. Beat for 1 minute on medium speed.
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¼ cups	
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	5. Add bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy. 6. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 5 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7. Bake until browned: Conventional oven: 350° F for 35-45 minutes Convection oven: 300° F for 25-35 minutes
					8. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.

Banana Bread Squares

Grains/Breads

Grains/Breads

A-13

Comments:
*See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

SERVING:

1 piece provides the equivalent of 1 slice of bread.

YIELD:

25 Servings: 2 lb 5 oz
(batter)

50 Servings: 4 lb 10 oz
(batter)

VOLUME:

25 Servings: 1 quart 1 cup
(batter)
1 pan

50 Servings: 2 quarts 2 cups
(batter)
2 pans

Tested 2004

For Loaf Pans:

Pour 1 lb 2 ½ oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.

Nutrients Per Serving

Calories	149	Saturated Fat	1.12 g	Iron	0.92 mg
Protein	2.48 g	Cholesterol	19 mg	Calcium	42 mg
Carbohydrate	25.58 g	Vitamin A	49 IU	Sodium	139 mg
Total Fat	4.37 g	Vitamin C	1.4 mg	Dietary Fiber	0.8 g

Banana Bread Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-13A

Ingredients	25 Servings		50 servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 3 ¾ oz	1 qt	2 lb 7 ½ oz	2 qt	1. Blend Master Mix with sugar in mixer for 1 minute on low speed. Reserve for step 3.
Sugar	8 ½ oz	1 ¼ cups	1 lb 1 oz	2 ½ cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. In a separate bowl, combine eggs and water. Mix for 30 seconds on low speed.
Water		½ cup 2 Tbsp		1 ¼ cups	
					3. Add egg mixture to dry ingredients. Blend for 30 seconds on low speed. Scrape down sides of bowl.
*Fresh bananas, peeled, mashed	13 oz	1 ½ cups 2 Tbsp	1 lb 10 oz	3 ¼ cups	4. Add bananas and nuts (optional). Mix for 30 seconds on low speed. Mix for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Walnuts, chopped (optional)	3 ¼ oz	¾ cup	6 ½ oz	1 ½ cups	
					5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 3 lb 2 oz (1 qt 1 cup) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. Bake until browned: Conventional oven: 350° F for 30-35 minutes Convection oven: 300° F for 20-30 minutes
					7. Cool. Cut 5 x 5 (25 pieces). Portion is 1 piece.

Comments:

*See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Bananas	1 lb 5 oz	2 lb 10 oz

Banana Bread Squares Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-13A

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 2 oz (batter)	25 Servings: 1 quart 1 cup (batter) 1 pan
	50 Servings: 6 lb 4 oz (batter)	50 Servings: 2 quarts 2 cups (batter) 2 pans

Tested 2004

For Loaf Pans:

Pour 1 lb 9 oz (2 ½ cups) batter into each loaf pan (4" x 10" x 4") which has been lightly coated with pan release spray. For 24 servings, use 2 loaf pans. For 48 servings, use 4 loaf pans.

Bake until lightly browned:

Conventional oven: 350° F for 40-50 minutes

Convection oven: 300° F for 30-40 minutes

Remove from pans. Cool completely. Cut each loaf into 12 slices, approximately ¾" thick.

Nutrients Per Serving					
Calories	151	Saturated Fat	1.15 g	Iron	0.93 mg
Protein	2.68 g	Cholesterol	19 mg	Calcium	82 mg
Carbohydrate	25.60 g	Vitamin A	48 IU	Sodium	179 mg
Total Fat	4.49 g	Vitamin C	1.4 mg	Dietary Fiber	0.8 g

Bread Stuffing

Grains/Breads

Grains/Breads

A-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched soft bread cubes	2 lb 5 ½ oz	1 ½ gal 2 cups	4 lb 11 oz	3 gal 1 qt	1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional), and butter or margarine in a bowl. Mix lightly until well blended. 2. Add chicken stock to bread mixture. Mix gently to moisten. 3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, evenly spread 3 lb 3 ½ oz (approximately 1 qt 2 Tbsp) of stuffing. For 25 servings, use 2 pans. For 50 servings, use 4 pans. 4. Bake until lightly browned: Conventional oven: 350° F for 30-40 minutes Convection oven: 300° F for 20-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds. 5. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).
*Fresh celery, chopped	8 oz	1 ¾ cups 3 Tbsp	1 lb	3 ¾ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ⅓ cup	
† Raisins, plumped (optional)	3 ¼ oz	½ cup	6 ½ oz	1 cup	
Poultry seasoning		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Garlic powder		1 ½ tsp		1 Tbsp	
Dried thyme (optional)		1 Tbsp		2 Tbsp	
Margarine or butter, melted	5 ¼ oz	⅔ cup	10 ½ oz	1 ⅓ cups	
Chicken stock, non-MSG		1 ½ qt		3 qt	

Bread Stuffing

Grains/Breads

Grains/Breads

A-14

* See Marketing Guide

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

SERVING:

1/3 cup (No. 12 scoop) provides the equivalent of 1 1/2 slices of bread.

YIELD:

25 Servings: 2 pans

50 Servings: 4 pans

VOLUME:

25 Servings: 2 quarts 1/4 cup
2 pans

50 Servings: 1 gallon 1/2 cup
4 pans

Tested 2004

Nutrients Per Serving

Calories	162	Saturated Fat	1.21 g	Iron	1.39 mg
Protein	3.79 g	Cholesterol	0 mg	Calcium	54 mg
Carbohydrate	22.36 g	Vitamin A	225 IU	Sodium	301 mg
Total Fat	6.38 g	Vitamin C	0.9 mg	Dietary Fiber	1.2 g

Master Mix

Grains/Breads

Grains/Breads

A-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	5 lb 4 oz	1 gal 3 ¼ cups	10 lb 8 oz	2 gal 1 ⅝ qt	1. Place flour, baking powder, salt, cream of tartar, and dry milk in a mixing bowl. Blend for 3 minutes on low speed. 2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly. 3. Store in tightly covered container, in the refrigerator. 4. Use Master Mix in recipes for: Cut Biscuits (A-09B); Muffin Squares (A-11B); Pancakes (A-12A); and Banana Bread Squares (A-13A).
Baking powder	4 ¾ oz	⅔ cup	9 ½ oz	1 ⅓ cups	
Salt		2 Tbsp	2 ⅝ oz	¼ cup	
Cream of tartar		1 Tbsp 1 ½ tsp		3 Tbsp	
Instant nonfat dry milk	6 oz	2 ½ cups	12 oz	1 qt 1 cup	
Shortening	1 lb 5 oz	3 cups 2 Tbsp	2 lb 10 oz	1 qt 2 ¼ cups	

SERVING:	YIELD:	VOLUME:
1 cup (See individual recipes that use Master Mix).	25 Servings: 7 lb 6 oz 50 Servings: 14 lb 12 oz	25 Servings: 1 gallon 2 ¼ quarts 50 Servings: 3 gallons 2 cups

Tested 2004

Special Tip:

A 10-qt mixer may be used to produce 1 gal 2 ¼ qt of Master Mix. A 20-qt mixer may be used to produce 3 gal 2 cups of Master Mix.

Master Mix

Grains/Breads

Grains/Breads

A-15

Nutrients Per Serving					
Calories	586	Saturated Fat	6.13 g	Iron	5.07 mg
Protein	12.23 g	Cholesterol	1 mg	Calcium	495 mg
Carbohydrate	77.87 g	Vitamin A	161 IU	Sodium	1023 mg
Total Fat	24.80 g	Vitamin C	0.4 mg	Dietary Fiber	2.6 g

Oatmeal Muffin Squares

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

A-16

Enriched all-purpose flour	2 Tbsp		¼ cup
Brown sugar, packed	2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp
Margarine or butter	2 Tbsp	2 oz	¼ cup
8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.			
9. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes			
10. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.			

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 3 lb 14 ½ oz (uncooked)	25 Servings: 1 quart 2 ¼ cups (batter) 1 pan
	50 Servings: 7 lb 13 oz (uncooked)	50 Servings: 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads

A-16

Nutrients Per Serving					
Calories	188	Saturated Fat	0.86 g	Iron	1.11 mg
Protein	3.00 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	35.03 g	Vitamin A	163 IU	Sodium	148 mg
Total Fat	4.24 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g

Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

Enriched all-purpose flour		2 Tbsp		¼ cup	
Brown sugar, packed		2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
					8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned sliced cling peaches, in syrup, drained	1 lb 11 oz	3 ¾ cups (¾ No. 10 can)	3 lb 6 oz	1 qt 2 ¼ cups (¾ No. 10 can)	9. Spread 1 lb 11 oz peaches over each pan. Peaches may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.
					10. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes
					11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 5 lb 9 ½ oz (uncooked)	25 Servings: 1 quart 2 ¼ cups (batter) 1 pan
	50 Servings: 11 lb 3 oz (uncooked)	50 Servings: 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) peaches onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

Peach Muffin Squares

Grains/Breads

Grains/Breads

A-16A

Nutrients Per Serving

Calories	216	Saturated Fat	1.05 g	Iron	1.23 mg
Protein	3.18 g	Cholesterol	0 mg	Calcium	22 mg
Carbohydrate	40.22 g	Vitamin A	371 IU	Sodium	160 mg
Total Fat	5.17 g	Vitamin C	0.9 mg	Dietary Fiber	1.6 g

Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Rolled oats	4 oz	1 ½ cups	8 oz	3 cups	1. Place oats in a bowl, and pour hot water over oats. Let stand 20 minutes. Do not drain. Reserve for step 5.
Water, hot		1 ¾ cups		3 ½ cups	
Enriched all-purpose flour	10 oz	2 ¼ cups 1 Tbsp	1 lb 4 oz	1 qt ⅝ cup	2. In a separate bowl, combine flour, baking soda, cinnamon, nutmeg, and salt. Reserve for step 5.
Baking soda		⅝ tsp		1 ¼ tsp	
Ground cinnamon		⅝ tsp		1 ¼ tsp	
Ground nutmeg		⅝ tsp		1 ¼ tsp	
Salt		⅝ tsp		1 ¼ tsp	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Brown sugar, packed	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2 ¼ cups	
Vanilla		1 ¼ tsp		2 ½ tsp	4. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes on medium speed.
Frozen egg whites, thawed OR Fresh large egg whites	5 oz	½ cup 1 Tbsp OR 4 each	10 oz	1 cup 2 Tbsp OR 7 each	
Lowfat plain yogurt		2 Tbsp		¼ cup	
Canned applesauce		2 Tbsp		¼ cup	
					5. Add the oat mixture from step 1 and blend for 1 minute on low speed. Add the flour mixture from step 2 and blend for 1 minute on low speed. Scrape down sides of bowl.
					6. Blend for 1 minute on low speed.
Rolled oats		½ cup 1 ¼ tsp	3 oz	1 cup 2 ½ tsp	7. Topping: In a separate bowl, combine oats, flour, brown sugar, and margarine or butter. Mix until crumbs are pea-sized.

Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

Enriched all-purpose flour		2 Tbsp		¼ cup	
Brown sugar, packed		2 Tbsp ¼ tsp	2 oz	¼ cup ½ tsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	
					8. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour and spread evenly 3 lb 8 ½ oz (1 qt 2 ¼ cups) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Frozen blueberries, thawed and drained	1 lb 11 oz	3 ¾ cups	3 lb 6 oz	1 qt 2 ¼ cups	9. Spread 1 lb 11 oz blueberries over each pan. Blueberries may be pureed. Sprinkle 4 oz (¾ cup 2 Tbsp) of topping over each pan.
					10. Bake until golden brown and muffin pulls away from sides of pan: Conventional oven: 325° F for 45 minutes Convection oven: 325° F for 35 minutes
					11. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 5 lb 9 ½ oz (uncooked)	25 Servings: 1 quart 2 ¼ cups (batter) 1 pan
	50 Servings: 11 lb 3 oz (uncooked)	50 Servings: 3 quarts ½ cup (batter) 2 pans

Edited 2004

For muffin pans:

1 qt 2 ¼ cups of batter will make 25 muffins. Portion batter with No. 16 scoop (¼ cup) into muffin pans which have been lightly coated with pan release spray or paper lined. Fill no more than two-thirds full. Portion No. 30 scoop (2 Tbsp) blueberries onto each muffin. Sprinkle ½ Tbsp topping over each muffin.

Bake until golden brown:

Conventional oven: 400° F for 18-20 minutes

Convection oven: 350° F for 12-15 minutes

To cool, immediately remove muffins from pans and place on cooling racks.

Blueberry Muffin Squares

Grains/Breads

Grains/Breads

A-16B

Nutrients Per Serving

Calories	204	Saturated Fat	0.88 g	Iron	1.16 mg
Protein	3.13 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	38.76 g	Vitamin A	188 IU	Sodium	148 mg
Total Fat	4.44 g	Vitamin C	0.8 mg	Dietary Fiber	1.9 g

Pizza Crust

Grains/Breads

Grains/Breads

A-17

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Enriched all-purpose or bread flour	1 lb 12 oz	1 qt 2 ¼ cups	3 lb 8 oz	3 qt 1 cup	1. Place flour, salt, sugar, and dry yeast in large mixing bowl. Mix with a dough hook for 30 seconds on low speed.
Salt		¾ tsp		1 ½ tsp	
Sugar		1 Tbsp ½ tsp		2 Tbsp 1 tsp	
Active dry yeast		1 Tbsp 1 ¾ tsp		2 Tbsp 1 ½ tsp	
Water, warm (110° F)		2 cups 2 Tbsp		1 qt ¼ cup	2. In a separate bowl, combine warm water and oil.
Vegetable oil		2 Tbsp 2 tsp		⅓ cup	
					3. Add liquids to the dry ingredients. Mix on low speed for 6 minutes.
					4. Divide and shape dough into balls 1 lb 7 ¾ oz each. For 32 servings, 2 balls. For 64 servings, 4 balls. Let rest for 20 minutes.
Cornmeal		¼ cup 2 Tbsp	2 ½ oz	¾ cup	5. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. Sprinkle each pan with 1 oz (3 Tbsp) cornmeal.
					6. Place 1 dough ball in center of each pan. Flatten dough by rolling or spreading dough ⅛" thick to rim of pans. Keep edges thicker than center.
					7. For directions on topping, baking, and portioning, see Pizza with Ground Beef Topping (D-23).
					Portion once baked, cut each pan 4 x 4 (16 pieces).

Pizza Crust

Grains/Breads

Grains/Breads

A-17

SERVING:

1 piece provides the equivalent of 1 ½ slices of bread.

YIELD:

32 Servings: 2 lb 15 ½ oz (dough)

64 Servings: 5 lb 15 oz (dough)

VOLUME:

32 Servings: 2 half-sheet pans

64 Servings: 4 half-sheet pans

Edited 2004

Nutrients Per Serving

Calories	108	Saturated Fat	0.20 g	Iron	1.27 mg
Protein	2.83 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	20.42 g	Vitamin A	2 IU	Sodium	56 mg
Total Fat	1.43 g	Vitamin C	0 mg	Dietary Fiber	0.9 g

Cooking Rice

Grains/Breads

Grains/Breads

A-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Do not rinse enriched rice.
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 14 oz OR 1 lb 11 oz OR 1 lb 13 oz	1 qt ¼ cup OR 1 qt OR 1 qt ⅝ cup	3 lb 12 oz OR 3 lb 6 oz OR 3 lb 10 oz	2 qt ½ cup OR 2 qt OR 2 qt 1 ¼ cups	2. Place 15 oz medium grain, or 13 ½ oz long grain, or 14 ½ oz par boiled rice in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Water, boiling		1 qt 2 cups		3 qt	3. Add salt to boiling water. Pour water over rice. (3 cups per pan).
Salt		1 tsp		2 tsp	
					4. Cover pans tightly.
					5. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes
					6. Remove from oven.
					7. CCP: Hold for hot service at 135° F or higher. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
					Portion with No. 8 scoop (½ cup).

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread.	25 Servings: 2 pans 50 Servings: 4 pans	25 Servings: about 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Cooking Rice

Grains/Breads

Grains/Breads

A-18

Special Tip:

Cooking Brown Rice, long grain, regular

For 25 Servings, use 2 lb 14 oz brown rice, 2 qt 3 cups boiling water, and 1 tsp salt. Place 1 lb 7 oz of rice and 1 qt 1 ½ cups of salted water in each pan (9" x 13" x 2"). Use 2 pans. Cover and bake at 350° F for 50 minutes.

For 50 Servings, use 5 lb 12 oz brown rice, 1 gal 1 ½ qt boiling water, and 2 tsp salt. Place 1 lb 7 oz of rice and 1 qt 1 ½ cups of salted water in each pan (9" x 13" x 2"). Use 4 pans. Cover and bake at 350° F for 50 minutes.

Nutrients Per Serving					
Calories	122	Saturated Fat	0.06 g	Iron	1.40 mg
Protein	2.24 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	26.92 g	Vitamin A	0 IU	Sodium	93 mg
Total Fat	0.20 g	Vitamin C	0 mg	Dietary Fiber	0.3 g

Cooking Macaroni, Noodles, and Spaghetti

Grains/Breads

Grains/Breads

A-19

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 2 qt		5 gal	1. Add salt to boiling water.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni OR Enriched noodles, 3/4 inch or wider OR Enriched spaghetti	1 lb 5 oz OR 1 lb 4 oz OR 2 lb 6 oz	1 qt 5/8 cup OR 3 qt 3 cups OR 2 qt	2 lb 10 oz OR 2 lb 8 oz OR 4 lb 12 oz	2 qt 1 1/4 cups OR 1 gal 3 1/2 qt OR 1 gal	2. Slowly stir in macaroni, noodles, or spaghetti until water boils again.
					3. Cook uncovered until tender-firm, about 10 minutes for macaroni, 8 minutes for noodles, and 12 minutes for spaghetti. DO NOT OVERCOOK.
					4. Drain well.
					5. Pour into pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Portion with No. 8 scoop (1/2 cup).

SERVING:	YIELD:	VOLUME:
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1/2 cup (No. 8 scoop) provides the equivalent of 1 slice of bread.

25 Servings: 2 pans

50 Servings: 4 pans

25 Servings: 3 quarts 1/2 cup

50 Servings: 1 gallon 2 1/4 quarts

Tested 2004

Special Tip:

To cook the day before: After draining, run under cold water 3 minutes. Let stand in strainer for 5 minutes. Toss with 1 oz oil for each pound of dry pasta.

Cooking Macaroni, Noodles, and Spaghetti

Grains/Breads

Grains/Breads

A-19

Nutrients Per Serving

Calories	101	Saturated Fat	0.07 g	Iron	1.05 mg
Protein	3.42 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	20.30 g	Vitamin A	0 IU	Sodium	72 mg
Total Fat	0.48 g	Vitamin C	0 mg	Dietary Fiber	1.2 g

Baked Custard

Desserts

B-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 ½ cups		2 qt 3 cups	
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups	1 lb 8 oz	3 cups	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
		OR 7 each		OR 14 each	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup	8 oz	1 cup	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 4 lb 8 oz (2 qt) of liquid. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Sprinkle nutmeg (optional) on top.
		OR 3 each		OR 6 each	
Ground nutmeg (optional)		1 tsp		2 tsp	4. Set pan in a larger shallow pan. Pour hot water around the dish to a depth of 1".
					5. Bake until knife inserted in center of custard comes out clean. Conventional oven: 350° F for 1 hour 25 minutes Convection oven: 300° F for 1 hour 20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					6. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Baked Custard

Desserts

B-01

SERVING:

1 piece.

YIELD:

25 Servings: 4 lb

50 Servings: 8 lb

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	83	Saturated Fat	0.78 g	Iron	0.23 mg
Protein	3.94 g	Cholesterol	60 mg	Calcium	73 mg
Carbohydrate	11.97 g	Vitamin A	196 IU	Sodium	145 mg
Total Fat	1.93 g	Vitamin C	0.5 mg	Dietary Fiber	0 g

Stirred Custard Sauce

Desserts

B-01A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		2 cups		1 qt	
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups	1 lb 8 oz	3 cups	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
		OR 7 each		OR 14 each	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup	8 oz	1 cup	
		OR 3 each		OR 6 each	
Ground nutmeg (optional)		1 tsp		2 tsp	3. Place custard mixture in pot and heat to simmer (160° F), until mixture coats spoon, stirring constantly. Remove from heat. CCP: Heat to 155° F or higher for at least 15 seconds. Sprinkle nutmeg (optional) and stir into custard.
					4. Spread 2 lb 12 oz (approximately 1 quart ¾ cup) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. Portion with 1 ½ oz ladle (3 Tbsp).

Stirred Custard Sauce

Desserts

B-01A

SERVING:

3 tablespoons (1 ½ oz ladle).

YIELD:

25 Servings: 2 lb 12 oz
(uncooked)
50 Servings: 5 lb 8 oz
(uncooked)

VOLUME:

25 Servings: 1 quart ¾ cup
50 Servings: 2 quarts 1 ½ cups

Edited 2004

Special Tip:

This may be used as sauce over cake, bread pudding, or fruit.

Nutrients Per Serving

Calories	69	Saturated Fat	0.55 g	Iron	0.21 mg
Protein	2.82 g	Cholesterol	59 mg	Calcium	31 mg
Carbohydrate	10.34 g	Vitamin A	126 IU	Sodium	128 mg
Total Fat	1.57 g	Vitamin C	0.2 mg	Dietary Fiber	0 g

Bread Pudding

Desserts

B-01B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 ½ cups		2 qt 3 cups	
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup OR 3 each	8 oz	1 cup OR 6 each	
Enriched soft bread cubes	3 oz	3 cups	6 oz	1 qt 2 cups	
Ground nutmeg (optional)		1 tsp		2 tsp	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 3 oz (3 cups) soft bread cubes. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Pour 4 lb 8 oz (2 qt) of liquid into each pan. Sprinkle nutmeg (optional) on top.
					4. Set pan in a larger shallow pan. Pour hot water around the dish to a product depth of 1".
					5. Bake until knife inserted in center of custard comes out clean. Conventional oven: 350° F for 1 hour 25 minutes Convection oven: 300° F for 1 hour 20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.

Bread Pudding

Desserts

B-01B

6. CCP Hold for hot service at 135° F or higher.
OR

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

Refrigerate until ready to serve.

Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:

1 piece.

YIELD:

25 Servings: 25 pieces

50 Servings: 50 pieces

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	92	Saturated Fat	0.79 g	Iron	0.33 mg
Protein	4.22 g	Cholesterol	60 mg	Calcium	77 mg
Carbohydrate	13.65 g	Vitamin A	196 IU	Sodium	163 mg
Total Fat	2.06 g	Vitamin C	0.5 mg	Dietary Fiber	0.1 g

Apple-Bread Pudding

Fruit

Desserts

B-01C

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cups	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt		1 tsp		2 tsp	
Lowfat 1% milk		1 qt 1 ½ cups		2 qt 3 cups	
Vanilla		2 Tbsp		¼ cup	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups	1 lb 8 oz	3 cups	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
		OR 7 each		OR 14 each	
Frozen egg whites, thawed OR Fresh large egg whites	4 oz	½ cup	8 oz	1 cup	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray place 1 ½ oz (1 ½ cups) soft bread cubes. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Distribute 15 oz (3 ¾ cups) apples over soft bread cubes in each pan. Pour 2 lb 4 oz (1 qt) of liquid into each pan. Sprinkle nutmeg (optional) on top.
		OR 3 each		OR 6 each	
Enriched soft bread cubes	3 oz	3 cups	6 oz	1 qt 2 cups	
*Fresh apples, diced apples, peeled OR Canned apples, solid packed, drained	1 lb 14 oz OR 3 lb 9 oz	1 qt 3 ½ cups OR 1 qt 3 ½ cups (⅔ No. 10 can)	3 lb 12 oz OR 7 lb 2 oz	3 qt 3 cups OR 3 qt 3 cups (1 ⅓ No. 10 can)	
Ground nutmeg (optional)		1 tsp		2 tsp	
					4. Set pan in a larger shallow pan. Pour hot water around the dish to a product depth of 1".
					5. Bake until knife inserted in center of custard comes out clean. Conventional oven: 350° F for 1 hour 25 minutes Convection oven: 300° F for 1 hour 20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.

Apple-Bread Pudding

Fruit

Desserts

B-01C

6. CCP Hold for hot service at 135° F or higher.
OR

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

Refrigerate until ready to serve.

Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Apples	2 lb 7 oz	4 lb 14 oz

SERVING:

1 piece provides 1/8 cup fruit.

YIELD:

24 Servings: 24 pieces

48 Servings: 48 pieces

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Nutrients Per Serving

Calories	112	Saturated Fat	0.84 g	Iron	0.41 mg
Protein	4.48 g	Cholesterol	63 mg	Calcium	82 mg
Carbohydrate	18.33 g	Vitamin A	218 IU	Sodium	171 mg
Total Fat	2.25 g	Vitamin C	0.6 mg	Dietary Fiber	0.8 g

Whole Wheat Cookies

Desserts

B-02

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed.	
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups		
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl. Mix for 30 seconds on medium speed.	
Vanilla		1 ½ tsp		1 Tbsp		
Lowfat 1% milk		3 Tbsp		¼ cup 2 Tbsp	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl.	
Whole wheat flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		
Baking powder		1 ½ tsp		1 Tbsp		
Baking soda		¾ tsp		1 ½ tsp		
Salt		¾ tsp		1 ½ tsp		
Ground nutmeg (optional)		½ tsp		1 tsp		
Ground cinnamon		½ tsp		1 tsp		
						4. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies).
Sugar	2 oz	¼ cup	4 oz	½ cup		
Ground cinnamon		1 tsp		2 tsp		5. Combine sugar and cinnamon in a shaker and sprinkle over cookies.
					6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 16 minutes	

Whole Wheat Cookies

Desserts

B-02

7. Portion is 1 cookie.

SERVING:

1 cookie.

YIELD:

25 Servings: 2 lb 6 ½ oz (dough)

50 Servings: 4 lb 13 oz (dough)

VOLUME:

25 Servings: about 3 ⅓ cups (dough)
25 cookies

50 Servings: about 1 quart 2 ⅔ cups (dough)
50 cookies

Edited 2004

Nutrients Per Serving

Calories	177	Saturated Fat	1.33 g	Iron	0.82 mg
Protein	3.03 g	Cholesterol	19 mg	Calcium	35 mg
Carbohydrate	28.64 g	Vitamin A	276 IU	Sodium	201 mg
Total Fat	6.29 g	Vitamin C	0.1 mg	Dietary Fiber	2.2 g

Oatmeal-Whole Wheat Raisin Cookies

Desserts

B-02A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed.
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.
Vanilla		1 ½ tsp		1 Tbsp	
Lowfat 1% milk		3 Tbsp		¼ cup 2 Tbsp	3. In a separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 30 seconds on low speed.
Whole wheat flour	10 oz	2 cups	1 lb 4 oz	1 qt	
Rolled oats	3 oz	1 cup 2 Tbsp	6 oz	2 ¼ cups	
Baking powder		1 ½ tsp		1 Tbsp	
Baking soda		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Ground cinnamon		½ tsp		1 tsp	
Raisins	6 oz	1 cup	12 oz	2 cups	
					4. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 24 scoop (2 ⅔ Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies).
Sugar	2 oz	¼ cup	4 oz	½ cup	
					5. Combine sugar and cinnamon in a shaker and sprinkle over cookies.
Ground cinnamon		1 tsp		2 tsp	

Oatmeal-Whole Wheat Raisin Cookies

Desserts

B-02A

6. Bake until light brown:
Conventional oven: 375° F for 12 minutes
Convection oven: 350° F for 16 minutes

7. Portion is 1 cookie.

SERVING:

1 cookie.

YIELD:

25 Servings: 2 lb 10 oz (dough)

50 Servings: 5 lb 5 oz (dough)

VOLUME:

25 Servings: about 1 quart $\frac{1}{3}$ cup (dough)
25 cookies

50 Servings: about 2 quarts $\frac{2}{3}$ cup (dough)
50 cookies

Edited 2004

Nutrients Per Serving

Calories	191	Saturated Fat	1.35 g	Iron	0.90 mg
Protein	3.04 g	Cholesterol	19 mg	Calcium	38 mg
Carbohydrate	32.14 g	Vitamin A	276 IU	Sodium	201 mg
Total Fat	6.43 g	Vitamin C	0.3 mg	Dietary Fiber	2.1 g

Peanut Butter-Raisin Cookies

Desserts

B-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream sugar, brown sugar, salt, and margarine or butter in a mixer with paddle attachment on medium speed for 5 minutes.
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Salt		¼ tsp		½ tsp	2. Add peanut butter. Mix for 2 minutes on medium speed. Scrape down sides of bowl.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Peanut butter	7 oz	¾ cup	14 oz	1 ½ cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	3. Add eggs and vanilla. Mix on for 1 minute medium speed, until blended.
Vanilla		1 ½ tsp		1 Tbsp	
Enriched all-purpose flour	9 oz	2 cups 1 Tbsp	1 lb 2 oz	1 qt 2 Tbsp	4. Slowly add flour, baking soda, dry milk, and raisins. Mix for 1 minute on low speed. Scrape down sides of bowl. Mix for 30 seconds on medium speed.
Baking soda		½ tsp		1 tsp	
Instant nonfat dry milk	2 ½ oz	⅔ cup	5 oz	1 ⅓ cups	5. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies). Press each cookie flat with a floured fork.
Raisins, chopped	3 oz	½ cup	6 oz	1 cup	
					6. Bake until golden brown: Conventional oven: 350° F for 10 minutes Convection oven: 300° F for 10 minutes
					7. Portion is 1 cookie.

Peanut Butter-Raisin Cookies

Desserts

B-03

SERVING:

1 cookie.

YIELD:

25 Servings: 2 lb 5 oz (dough)

50 Servings: 4 lb 10 oz (dough)

VOLUME:

25 Servings: about 3 ½ cups (dough)
25 cookies

50 Servings: about 1 quart 2 ⅔ cups (dough)
50 cookies

Tested 2004

Special Tip:

For ease in chopping, coat raisins with flour.

Nutrients Per Serving

Calories	180	Saturated Fat	1.70 g	Iron	0.80 mg
Protein	4.76 g	Cholesterol	20 mg	Calcium	47 mg
Carbohydrate	22.78 g	Vitamin A	258 IU	Sodium	153 mg
Total Fat	8.30 g	Vitamin C	0.3 mg	Dietary Fiber	0.9 g

Whole Wheat-Peanut Butter-Raisin Cookies

Desserts

B-03A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream sugar, brown sugar, salt, and margarine or butter in a mixer with paddle attachment on medium speed for 5 minutes.
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Salt		¼ tsp		½ tsp	2. Add peanut butter. Mix for 2 minutes on medium speed. Scrape down sides of bowl.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Peanut butter	7 oz	¾ cup	14 oz	1 ½ cups	3. Add eggs and vanilla. Mix on for 1 minute medium speed, until blended.
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Vanilla		1 ½ tsp		1 Tbsp	4. Slowly add flours, baking soda, dry milk, and raisins. Mix for 1 minute on low speed. Scrape down sides of bowl. Mix for 30 seconds on medium speed.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Whole wheat flour	4 oz	¾ cup	8 oz	1 ½ cups	5. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies). Press each cookie flat with a floured fork.
Baking soda		½ tsp		1 tsp	
Instant nonfat dry milk	2 ½ oz	¾ cup	5 oz	1 ⅓ cups	6. Bake until golden brown: Conventional oven: 350° F for 15-18 minutes Convection oven: 300° F for 12-15 minutes
Raisins, chopped	3 oz	½ cup	6 oz	1 cup	
					7. Portion is 1 cookie.

Whole Wheat-Peanut Butter-Raisin Cookies

Desserts

B-03A

SERVING:

1 cookie.

YIELD:

25 Servings: 2 lb 5 oz (dough)

50 Servings: 4 lb 10 oz (dough)

VOLUME:

25 Servings: about 3 ½ cups (dough)
25 cookies

50 Servings: about 1 quart 2 ⅔ cups (dough)
50 cookies

Tested 2004

Special Tip:

For ease in chopping, coat raisins with flour.

Nutrients Per Serving

Calories	179	Saturated Fat	1.70 g	Iron	0.77 mg
Protein	4.91 g	Cholesterol	20 mg	Calcium	47 mg
Carbohydrate	22.61 g	Vitamin A	258 IU	Sodium	153 mg
Total Fat	8.34 g	Vitamin C	0.3 mg	Dietary Fiber	1.3 g

Sugar Cookies

Desserts

B-04

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream margarine or butter and sugar in a mixer with paddle attachment for 10 minutes on medium speed.	
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups		
Frozen whole eggs, thawed OR Fresh large eggs	3 oz	¼ cup 2 Tbsp OR 2 each	6 oz	¾ cup OR 4 each	2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute until smooth. Scrape down sides of bowl. Mix for 30 seconds on medium speed.	
Vanilla		1 ½ tsp		1 Tbsp		
Lowfat 1% milk		3 Tbsp		¼ cup 2 Tbsp	3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add dry ingredients to the creamed mixture. Mix for 1 minute on low speed, until blended.	
Enriched all-purpose flour	14 ½ oz	3 ⅓ cups	1 lb 13 oz	1 qt 2 ⅓ cups		
Baking powder		1 ½ tsp		1 Tbsp		
Baking soda		¾ tsp		1 ½ tsp		
Salt		¾ tsp		1 ½ tsp		
Ground nutmeg (optional)		½ tsp		1 tsp		
Ground cinnamon		½ tsp		1 tsp		
						4. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with a No. 30 scoop (2 Tbsp) in rows 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings use 6 pans (1 pan will have only 5 cookies).
Sugar	2 oz	¼ cup	4 oz	½ cup		
Ground cinnamon (optional)		1 tsp		2 tsp		5. Combine sugar and cinnamon (optional) in a shaker and sprinkle over the cookies.
					6. Bake until light brown: Conventional oven: 375° F for 12 minutes Convection oven: 350° F for 16 minutes	
					7. Portion is 1 cookie.	

Sugar Cookies

Desserts

B-04

SERVING:	YIELD:	VOLUME:
1 cookie.	25 Servings: 2 lb 5 oz (dough)	25 Servings: about 3 $\frac{1}{3}$ cups (dough) 25 cookies
	50 Servings: 4 lb 10 oz (dough)	50 Servings: about 1 quart 2 $\frac{2}{3}$ cups (dough) 50 cookies

Tested 2004

Nutrients Per Serving					
Calories	177	Saturated Fat	1.25 g	Iron	0.87 mg
Protein	2.25 g	Cholesterol	15 mg	Calcium	30 mg
Carbohydrate	28.73 g	Vitamin A	268 IU	Sodium	199 mg
Total Fat	6.00 g	Vitamin C	0 mg	Dietary Fiber	0.5 g

Striped Cake

Desserts

B-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	1. In a mixing bowl, combine flour, sugar, dry milk, baking powder, and salt. Mix using the paddle attachment for 1 minute on low speed until blended. 2. In a separate bowl, whisk egg whites, vanilla, and water until combined. 3. Add liquid mixture and shortening to dry ingredients. Mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 5 minutes on medium speed. 4. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray pour 3 ¾ cups (1 lb 12 oz) of batter. For 24 servings, use 2 pans. For 48 servings, use 4 pans. 5. Bake until lightly browned: Conventional oven: 375° F for 15-18 minutes Convection oven: 350° F for 18-20 minutes 6. Set aside to cool for 15 minutes. 7. Filling: In a small bowl, dissolve gelatin in boiling water. Add cold water and whisk to combine.
Sugar	1 lb	2 cups	2 lb	1 qt	
Instant nonfat dry milk	2 ½ oz	⅔ cup	5 oz	1 ⅓ cups	
Baking powder		2 Tbsp		¼ cup	
Salt		¾ tsp		1 ½ tsp	
Frozen egg whites, thawed OR Fresh large egg whites	7 oz	¾ cup 2 Tbsp OR 6 each	14 oz	1 ¾ cups OR 12 each	
Vanilla		1 Tbsp		2 Tbsp	
Water		1 ½ cups		3 cups	
Shortening	6 oz	1 cup	12 oz	2 cups	
Cherry-flavored gelatin	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Water, boiling		1 cup		2 cups	
Water, cold		1 cup		2 cups	

Striped Cake

Desserts

B-05

					8. Using a fork, make holes in the top of the cake, ½" apart. These can be as deep as you like, even to the bottom of the cake. Pour 1 cup of gelatin evenly over the top of each cake. Refrigerate for 2 hours.
Whipped topping	8 oz	3 cups	1 lb	1 qt 2 cups	9. Spread 1 ½ cups (4 oz) of whipped topping evenly over the top of each cake.
					10. Cut each cake 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece.	24 Servings: 4 lb 14 oz	24 Servings: 1 quart 3 ½ cups (batter) 2 pans
	48 Servings: 9 lb 12 oz	48 Servings: 3 quarts 3 cups (batter) 4 pans

Edited 2004

Special Tip:
Two or more colors of gelatin can be used to provide a rainbow effect.

Nutrients Per Serving					
Calories	247	Saturated Fat	2.00 g	Iron	1.07 mg
Protein	4.88 g	Cholesterol	35 mg	Calcium	151 mg
Carbohydrate	39.65 g	Vitamin A	118 IU	Sodium	227 mg
Total Fat	7.80 g	Vitamin C	0.3 mg	Dietary Fiber	0.5 g

Glazed Lemon Bars

Desserts

B-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Sugar	6 oz	¾ cup	12 oz	1 ½ cups	1. Cream sugar and margarine or butter in a mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl. Mix for 1 minute on medium speed.
Margarine or butter	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	
Frozen whole eggs, thawed OR Fresh large eggs	3 oz	¼ cup 2 Tbsp OR 2 each	6 oz	¾ cup OR 4 each	2. Add eggs, applesauce, and vanilla. Mix for 2 minutes on low speed.
Canned applesauce	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	
Vanilla		½ tsp		1 tsp	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	3. Add flour, baking powder, and salt. Mix for 30 seconds on low speed. Scrape down sides of bowl. Mix for 3 minutes on medium speed, until blended.
Baking powder		1 tsp		2 tsp	
Salt		¼ tsp		½ tsp	
Dried coconut, shredded	4 oz	½ cup 2 Tbsp	8 oz	1 ¼ cups	4. Add coconut and raisins. Mix for 30 seconds on medium speed, until combined.
Raisins	3 oz	½ cup	6 oz	1 cup	
					5. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray evenly spread 3 ½ cups (1 lb 15 oz) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. Bake until lightly browned: Conventional oven: 375° F for 18-20 minutes Convection oven: 350° F for 18-20 minutes
Powdered sugar	4 oz	¾ cup	8 oz	1 ½ cups	7. Glaze: In a small bowl, whisk powdered sugar, lemon juice, and water until smooth. While lemon bars are still warm, spread ¼ cup 3 Tbsp (4 oz) of glaze evenly over each pan.
Lemon juice		1 Tbsp		2 Tbsp	
Water		1 ½ tsp		1 Tbsp	

Glazed Lemon Bars

Desserts

B-06

8. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece.	25 Servings: 2 lb	25 Servings: about 3 ½ cups (batter) 1 pan
	50 Servings: 4 lb	50 Servings: about 1 quart 3 cups (batter) 2 pans

Edited 2004

Special Tip:
For a less tangy flavor, orange juice may be used in place of the lemon juice.

Nutrients Per Serving					
Calories	161	Saturated Fat	2.48 g	Iron	0.68 mg
Protein	1.67 g	Cholesterol	14 mg	Calcium	21 mg
Carbohydrate	24.40 g	Vitamin A	225 IU	Sodium	108 mg
Total Fat	6.64 g	Vitamin C	0.4 mg	Dietary Fiber	0.7 g

Pumpkin Pudding

Vegetable

Desserts

B-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk	4 oz	1 ½ cups	8 oz	2 ⅔ cups	1. Combine dry milk and water in a mixing bowl. Mix with paddle attachment for 30 seconds on low speed.
Water		1 ½ cups		3 cups	
Canned pumpkin	3 lb 4 oz	1 qt 1 ¾ cups	6 lb 8 oz	2 qt 3 ½ cups	2. Add pumpkin, eggs, sugar, salt, and cinnamon. Mix for 3 minutes on low speed until combined.
Frozen whole eggs, thawed OR Fresh large eggs	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	
Sugar	8 oz	1 cup	1 lb	2 cups	3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 5 lb 2 oz (2 qt 1 cup) pudding. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Salt		¾ tsp		1 ½ tsp	
Ground cinnamon		1 Tbsp		2 Tbsp	4. Bake until knife inserted in the center comes out clean: Conventional oven: 350° F for 35-40 minutes Convection oven: 325° F for 30-35 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					5. CCP: Hold for hot service at 135° F or higher. OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Pumpkin Pudding

Vegetable

Desserts

B-07

SERVING:

1 piece provides ¼ cup of vegetable.

YIELD:

25 Servings: 4 lb 11 oz

50 Servings: 9 lb 6 oz

VOLUME:

25 Servings: 2 quarts 1 cup (uncooked pudding)
1 pan

50 Servings: 1 gallon 2 cups (uncooked
pudding)
2 pans

Edited 2004

Nutrients Per Serving

Calories	82	Saturated Fat	0.32 g	Iron	1.04 mg
Protein	3.15 g	Cholesterol	30 mg	Calcium	79 mg
Carbohydrate	16.49 g	Vitamin A	1314 IU	Sodium	106 mg
Total Fat	0.89 g	Vitamin C	2.9 mg	Dietary Fiber	1.9 g

Vanilla Pudding

Desserts

B-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 qt 1 cup		2 qt 2 cups	1. In a pot, bring milk, sugar, and salt to a simmer over very low heat, stirring occasionally.
Sugar	6 oz	¾ cup	12 oz	1 ½ cups	
Salt		¼ tsp		½ tsp	2. In a bowl, beat eggs until just combined.
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Cornstarch	2 oz	½ cup	4 oz	1 cup	3. Dissolve cornstarch in cold water. Add to eggs and whisk to combine.
Water, cold		½ cup		1 cup	
					4. When milk has reached a simmer, slowly add egg mixture, whisking constantly until pudding returns to a simmer, about 7 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Vanilla		2 Tbsp		¼ cup	5. Remove pudding from heat and stir in vanilla. 6. Transfer pudding into pan (9" x 13" x 2") For 25 servings, use 1 pan. For 50 servings, use 2 pans. Continue to stir until pudding begins to cool.
					7. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop).	25 Servings: 3 lb 13 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 7 lb 10 oz	50 Servings: 3 quarts ½ cup

Vanilla Pudding

Desserts

B-08

Tested 2004

Nutrients Per Serving					
Calories	65	Saturated Fat	0.46 g	Iron	0.11 mg
Protein	2.18 g	Cholesterol	21 mg	Calcium	63 mg
Carbohydrate	11.38 g	Vitamin A	129 IU	Sodium	54 mg
Total Fat	0.97 g	Vitamin C	0.5 mg	Dietary Fiber	0 g

Fruit and Rice Dessert

Fruit

Desserts

B-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular	6 oz	¾ cup	12 oz	1 ½ cups	1. Place rice and water in pan (9" x 13" x 2"). Cover with foil.
Water		1 ¾ cups		3 ½ cups	
Canned diced cling peaches, drained	3 lb 10 oz	1 qt 3 cups	7 lb 4 oz	3 qt 2 cups	2. Bake: Conventional oven: 350° F for 25 minutes Refrigerate to cool for 1 hour.
Miniature marshmallows	2 oz	1 ½ cups	4 oz	3 cups	
Powdered sugar	2 oz	½ cup	4 oz	1 cup	3. In a bowl, combine peaches, marshmallows, powdered sugar, salt, and whipped topping or yogurt. Add rice to this mixture and stir to blend.
Salt		¼ tsp		½ tsp	
Whipped topping OR Lowfat vanilla yogurt	6 oz OR 1 lb 2 oz	3 cups OR 2 cups	12 oz OR 2 lb 4 oz	1 qt 2 cups OR 1 qt	4. Spread 2 lb 11 oz (1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. Portion with No. 8 scoop (½ cup).

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ¼ cup of fruit.	25 Servings: 5 lb 6 oz	25 Servings: 3 quarts 1 cup 2 pans
	50 Servings: 10 lb 12 oz	50 Servings: 1 gallon 2 ½ quarts 4 pans

Edited 2004

Fruit and Rice Dessert

Fruit

Desserts

B-09

Special Tip:

For variety, substitute any combination in equal volume of drained fruit, using fruit cocktail, pitted cherries, fresh grape halves, or mandarin oranges for the peaches.

Nutrients Per Serving					
Calories	81	Saturated Fat	0.02 g	Iron	0.47 mg
Protein	1.49 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	19.07 g	Vitamin A	387 IU	Sodium	47 mg
Total Fat	0.08 g	Vitamin C	2.4 mg	Dietary Fiber	1.5 g

Cherry Crisp

Fruit

Desserts

B-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	6 ¾ oz	1 ½ cups 1 Tbsp	13 ½ oz	3 cups 2 Tbsp	1. Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, salt, and margarine or butter. Mix until crumbly. Set aside for step 8.
Rolled oats OR Rolled wheat	4 ½ oz OR 4 ½ oz	1 ¾ cups OR 1 ½ cups	9 oz OR 9 oz	3 ½ cups OR 3 cups	
Brown sugar, packed	7 ½ oz	1 cup	15 oz	2 cups	2. Filling: Drain cherries, reserving juice. For 25 servings, reserve ½ cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for step 4. 3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb (1 qt 2 Tbsp) cherries. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Ground cinnamon		¼ tsp		½ tsp	
Salt		¼ tsp		½ tsp	
Margarine or butter	8 oz	1 cup	1 lb	2 cups	
Canned red cherries tart cherries, pitted, with juice.	2 lb 15 oz	1 qt 1 ½ cups (½ No. 10 can)	5 lb 14 oz	2 qt 3 cups (1 No. 10 can)	
Reserved cherry juice		½ cup		1 cup	
Sugar	5 oz	¾ cup	10 oz	1 ½ cups	
Frozen orange juice concentrate		3 Tbsp		¼ cup 2 Tbsp	4. Combine reserved cherry juice with sugar and orange juice concentrate. Heat juice mixture over medium heat for 2 minutes.
Cornstarch		3 Tbsp		¼ cup 2 Tbsp	
Water, cold		2 Tbsp		¼ cup	5. Combine cornstarch and water. Stir until smooth.
					6. Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
					7. Into each pan, pour 1 cup juice mixture over cherries.

Cherry Crisp

Fruit

Desserts

B-10

8. For each pan, sprinkle 1 lb 10 $\frac{3}{4}$ oz (1 qt 1 $\frac{1}{3}$ cups) topping evenly over cherries.

9. Bake until topping is browned:
 Conventional oven: 425° F for 40 minutes
 Convection oven: 350° F for 25-35 minutes

Cool. Cut each pan 5 x 5 (25 pieces).

SERVING:

1 piece provides $\frac{1}{4}$ cup of fruit.

YIELD:

25 Servings: 5 lb 1 oz

50 Servings: 10 lb 2 oz

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Tested 2004

Nutrients Per Serving

Calories	193	Saturated Fat	1.57 g	Iron	1.51 mg
Protein	2.20 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	29.72 g	Vitamin A	732 IU	Sodium	116 mg
Total Fat	7.79 g	Vitamin C	4.1 mg	Dietary Fiber	1.4 g

Oatmeal-Raisin Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	1. Cream margarine or butter and sugar in mixer with a paddle attachment for 10 minutes on medium speed.
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	2. Add eggs slowly. Mix for 1 minute on medium speed.
Lowfat 1% milk		¼ cup		½ cup	
Canned applesauce	4 oz	½ cup	8 oz	1 cup	3. Slowly add milk and applesauce. Mix for 1 minute on medium speed. Scrape down sides of the bowl. 4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix for 2 minutes on low speed until blended. 5. Add oats and raisins. Mix for 30 seconds on low speed. 6. Lightly coat each half-sheet pan (13" x 18" x 1") with pan release spray or line with parchment paper. Portion with level No. 24 scoop (2 ⅓ Tbsp) 3 across and 3 down. For 25 servings, use 3 pans (1 pan will have only 7 cookies). For 50 servings, use 6 pans (1 pan will have only 5 cookies). 7. Bake until lightly browned: Conventional oven: 350° F for 18-20 minutes Convection oven: 325° F for 10-12 minutes
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Baking soda		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg		½ tsp		1 tsp	
Rolled oats	10 oz	3 ¾ cups	1 lb 4 oz	1 qt 3 ½ cups	
Raisins	6 ½ oz	1 cup	13 oz	2 cups	

Oatmeal-Raisin Cookies

Desserts

B-11

SERVING:	YIELD:	VOLUME:
1 cookie.	25 Servings: 3 lb ½ oz (dough)	25 Servings: about 1 quart ¼ cup (dough) 25 cookies
	50 Servings: 6 lb 1 oz (dough)	50 Servings: about 2 quarts ½ cup (dough) 50 cookies

Edited 2004

Special Tip:

For bar cookies, spread 3 lb 2 ½ oz (1 qt ¼ cup) of dough in a half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray or lined with parchment paper. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake for 20-25 minutes at 350° F conventional oven or 325° F convection oven. Cut each pan 5 x 5 (25 servings).

Nutrients Per Serving			
Calories	188	Saturated Fat	1.07 g
Protein	3.56 g	Cholesterol	19 mg
Carbohydrate	33.34 g	Vitamin A	197 IU
Total Fat	5.04 g	Vitamin C	0.4 mg
		Iron	1.13 mg
		Calcium	19 mg
		Sodium	123 mg
		Dietary Fiber	1.8 g

Vanilla Cream Frosting

Desserts

B-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	1. Cream margarine or butter and shortening in mixer for 2 minutes on medium speed until light and fluffy.
Shortening		3 Tbsp		¼ cup 2 Tbsp	
Powdered sugar, unsifted	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	2. In a separate bowl, combine powdered sugar, salt, and dry milk. Slowly add to creamed mixture. Mix for 1 minute on low speed. Scrape down sides of bowl.
Salt		⅛ tsp		¼ tsp	
Instant nonfat dry milk		2 Tbsp		¼ cup	3. Add vanilla while mixing on low speed. Slowly add water to obtain a spreading consistency. Scrape down sides of bowl. Mix for 5 minutes on medium speed or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.)
Vanilla		1 ½ tsp		1 Tbsp	
Water, room temperature		3 Tbsp 1 ½ tsp		¼ cup 3 Tbsp	
					4. Spread on cooled cakes or portion with No. 50 scoop (1 Tbsp ¾ tsp).

SERVING:	YIELD:	VOLUME:
1 tablespoon ¾ teaspoon (No. 50 scoop).	25 Servings: Will cover 1 half-sheet pan (13" x 18" x 1") 50 Servings: Will cover 2 half-sheet pans (13" x 18" x 1")	25 Servings: 2 cups 50 Servings: 1 quart

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Vanilla Cream Frosting

Desserts

B-12

Nutrients Per Serving

Calories	91	Saturated Fat	0.62 g	Iron	0.01 mg
Protein	0.13 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	17.11 g	Vitamin A	58 IU	Sodium	27 mg
Total Fat	2.69 g	Vitamin C	0 mg	Dietary Fiber	0 g

Chocolate Cream Frosting

Desserts

B-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	1. Cream margarine or butter and shortening in mixer for 2 minutes on medium speed until light and fluffy.
Shortening		3 Tbsp		¼ cup 2 Tbsp	
Cocoa	2 oz	⅔ cup	4 oz	1 ⅓ cups	2. In a separate bowl, combine cocoa, powdered sugar, salt, and dry milk. Slowly add to creamed mixture. Mix for 1 minute on low speed. Scrape down sides of bowl.
Powdered sugar	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
Salt		⅛ tsp		¼ tsp	
Instant nonfat dry milk		2 Tbsp		¼ cup	
Vanilla		1 ½ tsp		1 Tbsp	
Water, room temperature		¼ cup 1 ½ tsp		½ cup 1 Tbsp	3. Add vanilla while mixing on low speed. Slowly add water to obtain a spreading consistency. Scrape down sides of bowl. Mix for 5 minutes on medium speed or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.)
					4. Spread on cooled cakes or portion with No. 50 scoop (1 Tbsp ¾ tsp).

SERVING:

1 tablespoon ¾ teaspoon (No. 50 scoop).

YIELD:

25 Servings: Will cover 1 half-sheet pan (13" x 18" x 1")
50 Servings: Will cover 2 half-sheet pans (13" x 18" x 1")

VOLUME:

25 Servings: 2 cups
50 Servings: 1 quart

Edited 2004

Chocolate Cream Frosting

Desserts

B-12A

Nutrients Per Serving					
Calories	96	Saturated Fat	0.72 g	Iron	0.33 mg
Protein	0.58 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	18.35 g	Vitamin A	59 IU	Sodium	27 mg
Total Fat	3.00 g	Vitamin C	0 mg	Dietary Fiber	0.8 g

Peanut Butter Cream Frosting

Desserts

B-12B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter	4 ¾ oz	½ cup 1 Tbsp	9 ½ oz	1 cup 2 Tbsp	1. Cream peanut butter and shortening in mixer for 2 minutes on medium speed until light and fluffy.
Shortening		3 Tbsp		¼ cup 2 Tbsp	
Powdered sugar	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	2. In a separate bowl, combine powdered sugar, salt, and dry milk. Slowly add to creamed mixture. Mix for 1 minute on low speed. Scrape down sides of bowl.
Salt		⅛ tsp		¼ tsp	
Instant nonfat dry milk		2 Tbsp		¼ cup	3. Add vanilla while mixing on low speed. Slowly add water to obtain a spreading consistency. Scrape down sides of bowl. Mix for 5 minutes on medium speed or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.)
Vanilla		1 ½ tsp		1 Tbsp	
Water, room temperature		¼ cup 1 ½ tsp		½ cup 1 Tbsp	
					4. Spread on cooled cakes or portion with No. 50 scoop (1 Tbsp ¾ tsp).

SERVING:	YIELD:	VOLUME:
1 tablespoon ¾ teaspoon (No. 50 scoop).	25 Servings: Will cover 1 half-sheet pan (13" x 18" x 1") 50 Servings: Will cover 2 half-sheet pans (13" x 18" x 1")	25 Servings: 2 cups 50 Servings: 1 quart

Edited 2004

Peanut Butter Cream Frosting

Desserts

B-12B

Nutrients Per Serving					
Calories	115	Saturated Fat	0.92 g	Iron	0.10 mg
Protein	1.57 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	18.38 g	Vitamin A	0 IU	Sodium	41 mg
Total Fat	4.31 g	Vitamin C	0 mg	Dietary Fiber	0.3 g

Yellow Cake

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	1. Blend flour, sugar, dry milk, baking powder, and salt in mixer for 1 minute on low speed. 2. In a separate container, combine eggs, vanilla, and water. 3. Add shortening to dry mixture. Blend for 1 minute on low speed. 4. Add ½ the liquid mixture to dry ingredients. Mix for 30 seconds on low speed. Mix for six minutes on medium speed. Add remaining liquid mixture. Mix for 30 seconds on low speed. Mix for 2 minutes on medium speed. 5. Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray and dusted with flour, pour 3 lb 7 oz (approximately 2 qt) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 6. Bake until lightly browned: Conventional oven: 375° F for 30 minutes Convection oven: 325° F for 18-20 minutes 7. Cool. Add frosting, if desired (See B-12). 8. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Sugar	15 oz	2 cups 2 Tbsp	1 lb 14 oz	1 qt ¼ cup	
Instant nonfat dry milk		½ cup		1 cup	
Baking powder		2 Tbsp		¼ cup	
Salt		¾ tsp		1 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	
Vanilla		1 ½ tsp		1 Tbsp	
Water		1 ½ cups		3 cups	
Shortening	6 ½ oz	1 cup	13 oz	2 cups	

Yellow Cake

Desserts

B-13

SERVING:

1 piece.

YIELD:

25 Servings: 1 half-sheet pan
50 Servings: 2 half-sheet pans

VOLUME:

25 Servings: 25 pieces
50 Servings: 50 pieces

Edited 2004

Nutrients Per Serving

Calories	214	Saturated Fat	2.16 g	Iron	1.05 mg
Protein	3.39 g	Cholesterol	39 mg	Calcium	83 mg
Carbohydrate	31.66 g	Vitamin A	27 IU	Sodium	195 mg
Total Fat	8.46 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g

Peach (or Pineapple) Upside-Down Cake

Desserts

B-13A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	1. Blend flour, sugar, dry milk, baking powder, and salt in mixer for 1 minute on low speed.
Sugar	15 oz	2 cups 2 Tbsp	1 lb 14 oz	1 qt ¼ cup	
Instant nonfat dry milk		½ cup		1 cup	
Baking powder		2 Tbsp		¼ cup	
Salt		¾ tsp		1 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	2. In a separate container, combine eggs, vanilla, and water.
Vanilla		1 ½ tsp		1 Tbsp	
Water		1 ½ cups		3 cups	
Shortening	6 ½ oz	1 cup	13 oz	2 cups	
					3. Add shortening to dry mixture. Blend for 1 minute on low speed.
					4. Add about ½ the liquid mixture to dry ingredients. Mix for 30 seconds on low speed. Mix for 6 minutes on medium speed. Add remaining liquid mixture. Mix for 30 seconds on low speed. Mix for 2 minutes on medium speed.
Melted margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	5. Into each half-sheet pan (13" x 18" x 1"), pour 3 oz (¼ cup 2 Tbsp) butter or margarine. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Brown sugar, packed	8 oz	1 cup 2 Tbsp	1 lb	2 ¼ cups	6. Sprinkle each pan evenly with 8 oz (1 cup 2 Tbsp) brown sugar. Spread drained sliced peaches (or drained crushed pineapple) over brown sugar in each pan. Pour 3 lb 7 oz (approximately 2 qt) batter into each pan.
Canned sliced peaches, drained OR Canned crushed pineapple, drained	1 lb 5 oz OR 1 lb 5 oz	2 ¼ cups 2 Tbsp OR 2 ¼ cups 2 Tbsp	2 lb 10 oz OR 2 lb 10 oz	1 qt ¾ cup OR 1 qt ¾ cup	

Peach (or Pineapple) Upside-Down Cake

Desserts

B-13A

7. Bake until lightly browned:
 Conventional oven: 375° F for 35 minutes
 Convection oven: 325° F for 25 minutes

8. Cool. For 25 servings, cut each pan 5 x 5, and serve inverted on individual dishes. Or, allow to set for 10 minutes, then invert while still warm onto another half-sheet pan (13" x 18" x 1"). Cut each pan 5 x 5 (25 pieces).

SERVING:

1 piece.

YIELD:

25 Servings: 1 half-sheet pan
50 Servings: 2 half-sheet pans

VOLUME:

25 Servings: 25 pieces
50 Servings: 50 pieces

Edited 2004

Nutrients Per Serving

Calories	281	Saturated Fat	2.71 g	Iron	1.30 mg
Protein	3.58 g	Cholesterol	39 mg	Calcium	100 mg
Carbohydrate	42.68 g	Vitamin A	351 IU	Sodium	243 mg
Total Fat	11.20 g	Vitamin C	0.9 mg	Dietary Fiber	1.0 g

Rice Pudding

Desserts

B-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted, cold		1 qt 2 cups		3 qt	1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth.
Cornstarch	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups	
Salt		½ tsp		1 tsp	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	
Ground nutmeg (optional)		¼ tsp		½ tsp	
Ground cinnamon		¼ tsp		½ tsp	
					2. Cook over medium heat, stirring frequently, for 20-30 minutes until mixture begins to thicken and starts to boil. CCP: Heat to 155° F or higher for at least 15 seconds.
Vanilla		1 Tbsp		2 Tbsp	3. Immediately turn off heat. Stir in vanilla, cooked rice, and raisins (optional).
Cooked enriched white rice (A-18)	1 lb 3 oz	3 cups	2 lb 6 oz	1 qt 2 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	

Rice Pudding

Desserts

B-14

4. Pour rice mixture into serving pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover with plastic wrap to prevent the formation of surface film.

CCP: Hold for hot service at 135° F or higher.
OR

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

Refrigerate until ready to serve.

Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop).	25 Servings: 4 lb 10 oz	25 Servings: 1 quart 2 ½ cups
	50 Servings: 9 lb 4 oz	50 Servings: 3 quarts ½ cup

Edited 2004

Special Tip:
If desired, sprinkle with ground cinnamon.

Nutrients Per Serving					
Calories	95	Saturated Fat	0.32 g	Iron	0.51 mg
Protein	3.57 g	Cholesterol	40 mg	Calcium	73 mg
Carbohydrate	17.68 g	Vitamin A	96 IU	Sodium	112 mg
Total Fat	1.00 g	Vitamin C	0.3 mg	Dietary Fiber	0.1 g

Brownies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	1. Cream oil, sugar, salt, vanilla, and applesauce in a mixer using paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Sugar	13 oz	1 ¾ cups 2 Tbsp	1 lb 10 oz	3 ¾ cups	
Salt		¾ tsp		1 ½ tsp	2. Add egg whites and beat for 1 minute on medium speed. Scrape down sides of bowl.
Vanilla		¾ tsp		1 ½ tsp	
Canned applesauce	10 oz	1 ¼ cups	1 lb 4 oz	2 ½ cups	
Frozen egg whites, thawed OR Fresh large egg whites	6 oz	¾ cup OR 5 each	12 oz	1 ½ cups OR 10 each	3. In a separate bowl, combine flour, cocoa, and baking powder.
Enriched all-purpose flour	7 ½ oz	1 ¾ cups	15 oz	3 ½ cups	
Cocoa	3 oz	¾ cup	6 oz	1 ½ cups 2 Tbsp	4. Add dry ingredients to egg mixture. Mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down sides of bowl. Batter will be very thick.
Baking powder		1 ½ tsp		1 Tbsp	
					5. Spread 2 lb 9 oz (1 qt ¾ cup) batter into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Chopped walnuts (optional)	2 oz	½ cup	4 oz	1 cup	6. Sprinkle nuts (optional) over batter.
					7. Bake until set, but still moist in the center. Conventional oven: 350° F for 20-30 minutes Convection oven: 300° F for 18-25 minutes
					8. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Brownies

Desserts

B-15

SERVING:

1 piece.

YIELD:

25 Servings: 2 lb 8 oz

50 Servings: 5 lb

VOLUME:

25 Servings: 25 pieces
1 pan

50 Servings: 50 pieces
2 pans

Edited 2004

Special Tip: Brownies may be sprinkled with powdered sugar or iced with Brownie Icing (B-21).

Nutrients Per Serving

Calories	144	Saturated Fat	0.96 g	Iron	1.04 mg
Protein	2.42 g	Cholesterol	29 mg	Calcium	26 mg
Carbohydrate	25.48 g	Vitamin A	45 IU	Sodium	109 mg
Total Fat	4.52 g	Vitamin C	0.2 mg	Dietary Fiber	1.5 g

Cherry Cobbler

Fruit

Desserts

B-16

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	7 oz	1 $\frac{3}{8}$ cups	14 oz	3 $\frac{1}{8}$ cups	1. Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Shortening	3 $\frac{1}{2}$ oz	$\frac{1}{2}$ cup	7 oz	1 cup	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 8.
Water, cold		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
All of reserved cherry juice (from draining cherries) plus water, cold, as needed		1 $\frac{3}{4}$ cups		3 $\frac{1}{2}$ cups	3. Filling: For 24 servings, add enough cold water to cherry juice to make 1 $\frac{3}{4}$ cups liquid mixture. For 48 servings, add enough cold water to cherry juice to make 3 $\frac{1}{2}$ cups liquid mixture.
Cornstarch	2 $\frac{1}{2}$ oz	$\frac{1}{2}$ cup 2 Tbsp	5 oz	1 $\frac{1}{4}$ cups	4. Mix cornstarch with about $\frac{1}{4}$ of the liquid mixture.
Sugar	9 oz	1 $\frac{1}{8}$ cups	1 lb 2 oz	2 $\frac{2}{3}$ cups	5. Bring remaining liquid mixture to boil. Add the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after step 6.
Canned red tart cherries, pitted, drained	2 lb 3 oz	1 qt $\frac{1}{2}$ cup ($\frac{1}{2}$ No. 10 can)	4 lb 6 oz	2 qt 1 cup (1 No. 10 can)	6. Remove from heat. Add cherries from step 3 to thickened mixture. Stir lightly. Do not break up fruit.
					7. Pour 1 qt 2 $\frac{1}{2}$ cups thickened cherry mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.
					8. On a lightly floured surface, roll out about 14 $\frac{1}{2}$ oz of pastry dough into rectangle (about 9" x 13") for each pan.
					9. Cover cherries with pastry. Cut dough 4 x 6 (24 pieces).
					10. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes
					11. Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

Cherry Cobbler

Fruit

Desserts

B-16

SERVING:	YIELD:	VOLUME:
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1 piece provides ¼ cup of fruit.

24 Servings: 4 lb 12 oz
(unbaked)

48 Servings: 9 lb 8 oz
(unbaked)

24 Servings: 1 pan

48 Servings: 2 pans

Tested 2004

Nutrients Per Serving					
Calories	140	Saturated Fat	1.06 g	Iron	1.21 mg
Protein	1.32 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	24.91 g	Vitamin A	445 IU	Sodium	28 mg
Total Fat	4.28 g	Vitamin C	1.2 mg	Dietary Fiber	0.9 g

Apple Cobbler

Fruit

Desserts

B-17

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	7 oz	1 $\frac{3}{8}$ cups	14 oz	3 $\frac{1}{8}$ cups	1. Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Shortening	3 $\frac{1}{2}$ oz	$\frac{1}{2}$ cup	7 oz	1 cup	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 9.
Water, cold		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
All of reserved apple juice (from draining apples) plus water, cold, as needed		2 cups		1 qt	3. Filling: For 24 servings, add enough cold water to apple juice (from draining apples) to make 2 cups liquid mixture. For 48 servings, add enough cold water to apple juice to make 1 qt liquid mixture.
Cornstarch	1 oz	$\frac{1}{4}$ cup	2 oz	$\frac{1}{2}$ cup	4. Mix cornstarch with about $\frac{1}{4}$ of the liquid mixture.
Sugar	6 oz	$\frac{3}{4}$ cup 2 Tbsp	12 oz	1 $\frac{3}{4}$ cups	5. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after steps 6 and 7.
Ground cinnamon		1 tsp		2 tsp	6. Remove from heat. Blend in remaining sugar, cinnamon and nutmeg (optional).
Ground nutmeg (optional)		$\frac{1}{2}$ tsp		1 tsp	
Canned unsweetened sliced apples, solid pack drained	2 lb 7 oz	1 qt 1 $\frac{1}{2}$ cups ($\frac{1}{2}$ No. 10 can)	4 lb 14 oz	2 qt 3 cups (1 No. 10 can)	7. Add apples to thickened mixture. Stir lightly.
					8. Pour 1 qt 2 $\frac{1}{2}$ cups thickened apple mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.
					9. On a lightly floured surface, roll out about 14 $\frac{1}{2}$ oz of pastry dough into rectangle (about 9" x 13") for each pan.
					10. Cover apples with pastry. Cut dough 4 x 6 (24 pieces).

Apple Cobbler

Fruit

Desserts

B-17

11. Bake until pastry is brown and filling is bubbly:
 Conventional oven: 425° F for 45 minutes
 Convection oven: 375° F for 30 minutes

12. Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

SERVING:

1 piece provides ¼ cup of fruit.

YIELD:

24 Servings: 4 lb 9 oz (unbaked)
48 Servings: 9 lb 2 oz (unbaked)

VOLUME:

24 Servings: 1 pan
48 Servings: 2 pans

Tested 2004

Nutrients Per Serving

Calories	131	Saturated Fat	1.08 g	Iron	.55 mg
Protein	1.05 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	22.90 g	Vitamin A	27 IU	Sodium	25 mg
Total Fat	4.46 g	Vitamin C	0.1 mg	Dietary Fiber	1.7 g

Peach Cobbler

Fruit

Desserts

B-18

Ingredients	24 Servings		48 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	7 oz	1 $\frac{3}{8}$ cups	14 oz	3 $\frac{3}{8}$ cups	1. Pastry dough: Combine flour and salt. Mix in shortening until size of small peas.
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Shortening	3 $\frac{1}{2}$ oz	$\frac{1}{2}$ cup	7 oz	1 cup	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 8.
Water, cold		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
All of reserved peach liquid (from draining peaches) plus water, cold, as needed		1 $\frac{3}{4}$ cups		3 $\frac{1}{2}$ cups	3. Filling: For 24 servings, add enough cold water to peach syrup to make 1 $\frac{3}{4}$ cups liquid mixture. For 48 servings, add enough cold water to peach syrup to make 3 $\frac{1}{2}$ cups liquid mixture.
Cornstarch	2 oz	$\frac{1}{2}$ cup	4 oz	1 cup	4. Mix cornstarch with about $\frac{1}{4}$ of the liquid mixture.
Sugar	3 $\frac{1}{2}$ oz	$\frac{1}{2}$ cup	7 oz	1 cup	5. Bring remaining liquid mixture to boil. Add the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after step 6.
Canned diced cling peaches, drained	2 lb 7 oz	1 qt $\frac{3}{8}$ cup ($\frac{1}{2}$ No. 10 can)	4 lb 14 oz	2 qt $\frac{3}{4}$ cup (1 No. 10 can)	6. Remove from heat. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.
					7. Pour 1 qt 2 $\frac{1}{2}$ cups thickened peach mixture into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans. Set aside.
					8. On a lightly floured surface, roll out about 14 $\frac{1}{2}$ oz of pastry dough into rectangle (about 9" x 13") for each pan.
					9. Cover peaches with pastry. Cut dough 4 x 6 (24 pieces).
					10. Bake until pastry is brown and filling is bubbly: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes
					11. Cut each pan 4 x 6 (24 pieces). Portion is 1 piece.

Peach Cobbler

Fruit

Desserts

B-18

SERVING:

1 piece provides ¼ cup of fruit.

YIELD:

24 Servings: 5 lb 7 oz
(unbaked)
48 Servings: 10 lb 14 oz
(unbaked)

VOLUME:

24 Servings: 1 pan
48 Servings: 2 pans

Tested 2004

Nutrients Per Serving

Calories	127	Saturated Fat	1.05 g	Iron	0.63 mg
Protein	1.15 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	22.05 g	Vitamin A	230 IU	Sodium	28 mg
Total Fat	4.24 g	Vitamin C	1.5 mg	Dietary Fiber	1.1 g

Apple Crisp

Fruit

Desserts

B-19

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	6 ¾ oz	1 ½ cups 1 Tbsp	13 ½ oz	3 cups 2 Tbsp	1. Topping: Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine or butter. Mix until crumbly. Set aside for step 6.
Rolled oats OR Rolled wheat	4 ½ oz	1 ¾ cups OR 1 ½ cups	9 oz	3 ½ cups OR 3 cups	
Brown sugar, packed	7 ½ oz	1 cup	15 oz	2 cups	2. Filling: Drain apples, reserving juice. Add enough water to juice to make ¾ cup for 25 servings, and 1 ½ cups for 50 servings. Reserve for step 5. 3. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 2 lb 14 oz (1 qt 3 cups) apples. For 25 servings, use 1 pan. For 50 servings use 2 pans.
Ground cinnamon		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground nutmeg (optional)		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Salt		¼ tsp		½ tsp	
Margarine or butter	8 oz	1 cup	1 lb	2 cups	
Canned unsweetened sliced apples, solid pack, with juice	3 lb 2 oz	3 qt 1 cup (½ No. 10 can)	6 lb 4 oz	1 gal 2 ½ qt (1 No. 10 can)	
Water, as needed					
Sugar	5 oz	¾ cup	10 oz	1 ½ cups	
Ground cinnamon		¾ tsp		1 ½ tsp	4. Over apples in each pan, sprinkle 5 oz (¾ cup) sugar, ¾ tsp cinnamon, and 2 Tbsp lemon juice. Stir to combine. 5. For each pan, pour ¾ cup liquid over apples.
Lemon juice		2 Tbsp		¼ cup	
					6. Sprinkle approximately 1 lb 11 oz (1 qt 1 cup) topping from step 1 evenly over apples in each pan.
					7. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes Convection oven: 350° F for 25-35 minutes
					8. Cool. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Apple Crisp

Fruit

Desserts

B-19

SERVING:

1 piece provides ¼ cup of fruit.

YIELD:

25 Servings: 5 lb 12 oz (uncooked)

50 Servings: 11 lb 8 oz (uncooked)

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	196	Saturated Fat	1.55 g	Iron	0.98 mg
Protein	1.75 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	29.10 g	Vitamin A	325 IU	Sodium	119 mg
Total Fat	7.74 g	Vitamin C	0.4 mg	Dietary Fiber	0.9 g

Applesauce Cake

Desserts

B-20

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	1. In a mixer, blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon for 1 minute on low speed.
Sugar	14 oz	2 cups	1 lb 12 oz	1 qt	
Instant nonfat dry milk		½ cup		1 cup	
Baking powder		2 Tbsp		¼ cup	
Salt		¾ tsp		1 ½ tsp	
Ground cloves		¾ tsp		1 ½ tsp	
Ground cinnamon		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	2. In a separate bowl, combine eggs, vanilla, and water.
Vanilla		1 ½ tsp		1 Tbsp	
Water		2 Tbsp		¼ cup	
Shortening	6 ½ oz	1 cup	13 oz	2 cups	3. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
Canned applesauce	13 ½ oz	1 ½ cups	1 lb 11 oz	3 cups	
†Raisins, plumped (optional)	8 oz	1 ¼ cups	1 lb	2 ½ cups	4. Add applesauce. Blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.
Chopped walnuts (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
					5. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray and dusted with flour, pour 3 lb 12 oz (1 qt 3 ½ cups) batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					6. Bake until lightly browned: Conventional oven: 375° F for 35 minutes Convection oven: 325° F for 25 minutes

Applesauce Cake

Desserts

B-20

- | | |
|--|--|
| | 7. Cool. If desired, dust lightly with powdered sugar. |
| | 8. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece. |

SERVING:	YIELD:	VOLUME:
1 piece.	25 Servings: 3 lb 12 oz (batter)	25 Servings: 1 pan
	50 Servings: 7 lb 8 oz (batter)	50 Servings: 2 pans

Edited 2004

†To plump raisins, cover fruit with boiling water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

Nutrients Per Serving					
Calories	220	Saturated Fat	2.17 g	Iron	1.17 mg
Protein	3.40 g	Cholesterol	39 mg	Calcium	92 mg
Carbohydrate	33.16 g	Vitamin A	92 IU	Sodium	207 mg
Total Fat	8.50 g	Vitamin C	0.4 mg	Dietary Fiber	0.7 g

Brownie Icing

Desserts

B-21

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Powdered sugar	8 oz	1 ¾ cups	1 lb	3 ½ cups	1. Beat all ingredients on low speed for 5 minutes or until smooth.
Cocoa		¼ cup 2 Tbsp	3 oz	¾ cup	
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Lowfat 1% milk		¼ cup		½ cup	
Vanilla		1 Tbsp		2 Tbsp	

SERVING:

1 tablespoon.

YIELD:

25 Servings: 13 oz
covers 1 pan (9" x 13")
50 Servings: 1 lb 10 oz
covers 2 pans (9" x 13")

VOLUME:

25 Servings: 1 ½ cups 1 Tablespoon
50 Servings: 3 ½ cups

Edited 2004

Nutrients Per Serving

Calories	54	Saturated Fat	0.43 g	Iron	0.24 mg
Protein	0.43 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	10.15 g	Vitamin A	66 IU	Sodium	18 mg
Total Fat	1.64 g	Vitamin C	0 mg	Dietary Fiber	0.6 g

Top Pastry Crust

Desserts

B-22

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb 2 oz	1 qt 2 Tbsp	2 lb 4 oz	2 qt ¼ cup	1. Combine flour and salt. Mix in shortening until size of small peas.
Salt		1 tsp		2 tsp	
Shortening	10 oz	1 ½ cups	1 lb 4 oz	3 cups	2. Add water and mix just until dry ingredients are moistened.
Water, cold		¾ cup		1 ⅓ cups	
					3. Roll out pastry dough into rectangle (about 9" x 13") on lightly floured surface. Use about 1 lb 1 ½ oz dough for each pan (9" x 13"). For 24 servings, use 2 pans. For 48 servings, use 4 pans.
					4. Place pastry crust over desired filling, such as for fruit pie and cobbler filling. Bake as directed in filling recipe.
					5. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 ¼ slices of bread.	24 Servings: 2 lb 3 oz (dough)	24 Servings: 2 pans, 9" x 13"
	48 Servings: 4 lb 6 oz (dough)	48 Servings: 4 pans, 9" x 13"

Tested 2004

Special Tip: 2 pans will yield 3, 9" single top pie crusts.

Top Pastry Crust

Desserts

B-22

Nutrients Per Serving

Calories	182	Saturated Fat	2.99 g	Iron	0.99 mg
Protein	2.20 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	16.23 g	Vitamin A	0 IU	Sodium	98 mg
Total Fat	12.02 g	Vitamin C	0 mg	Dietary Fiber	0.6 g

Bottom Pastry Crust

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	1. Combine flour and salt. Mix in shortening until size of small peas.
Salt		¾ tsp		1 ½ tsp	
Shortening	7 ½ oz	1 cup 2 Tbsp	15 oz	2 ¼ cups	2. Add water and mix just until dry ingredients are moistened.
Water, cold		½ cup 2 Tbsp		1 ¼ cups	
					3. Roll out pastry dough into rectangle (about 14" x 19") on lightly floured surface. Use about 1 lb 11 oz dough for each half-sheet pan (13" x 18"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Add desired filling, such as fruit or custard. Bake as directed in filling recipe.
					Prebaked crust: Prick crust well. Bake for 15 minutes at 400° F or until light brown. Cool. Add desired filling, such as chiffon or cooked filling.
					5. Cut each half-sheet pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread.	25 Servings: 1 lb 11 oz (dough)	25 Servings: 1 half-sheet pan, 13" x 18"
	50 Servings: 3 lb 6 oz (dough)	50 Servings: 2 half-sheet pans, 13" x 18"

Tested 2004

Special Tip: 1 half sheet pan will yield 2, 9 " single bottom pie crusts.

Bottom Pastry Crust

Desserts

B-23

Nutrients Per Serving					
Calories	133	Saturated Fat	2.15 g	Iron	0.74 mg
Protein	1.64 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	12.11 g	Vitamin A	0 IU	Sodium	70 mg
Total Fat	8.66 g	Vitamin C	0 mg	Dietary Fiber	0.4 g

Maple Applesauce Topping

Fruit

Dips, Sauces, and Toppings

C-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned applesauce	3 lb 9 oz	1 qt 2 ½ cups	7 lb 2 oz	3 qt 1 cup	1. In a bowl, whisk applesauce and syrup until blended.
Maple-flavored pancake syrup	6 oz	½ cup	12 oz	1 cup	2. Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of fruit.	25 Servings: 3 lb 15 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 7 lb 14 oz	50 Servings: 3 quarts ½ cup

Edited 2004

Special Tip:

Use as topping for pancakes, waffles, French toast, or ice cream.

Nutrients Per Serving					
Calories	67	Saturated Fat	0.02 g	Iron	0.23 mg
Protein	0.12 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	17.70 g	Vitamin A	7 IU	Sodium	6 mg
Total Fat	0.12 g	Vitamin C	1.1 mg	Dietary Fiber	0.8 g

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cling peaches, diced, in syrup	3 lb	1 qt 1 ½ cups (1 ⅔ No. 2-½ cans)	6 lb	2 qt 3 cups (3 ⅓ No. 2-½ cans)	<ol style="list-style-type: none"> 1. Drain peaches, reserve syrup for steps 3 and 4. For 25 servings, reserve 1 ½ cups. For 50 servings, reserve 3 cups. 2. Puree drained peaches in blender, or mash, or finely dice. Reserve for step 5. 3. Combine soy sauce and vinegar. Add reserved peach juice. For 25 servings, add ¾ cup. For 50 servings, add 1 ½ cups. Dissolve cornstarch in this mixture. 4. Over medium heat, boil the additional peach syrup. For 25 servings, use ¾ cup. For 50 servings, use 1 ½ cups. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3-5 minutes to thicken. 5. Add cornstarch mixture to pureed peaches. Cover and chill for at least 2 hours. Keep refrigerated until ready to serve. 6. Portion with No. 20 scoop (3 ⅓ Tbsp).
Low-sodium soy sauce		1 tsp		2 tsp	
White vinegar		1 tsp		2 tsp	
Reserved peach syrup		¾ cup		1 ½ cups	
Cornstarch		2 Tbsp		¼ cup	
Additional reserved peach syrup		¾ cup		1 ½ cups	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Ginger (optional)		⅛ tsp		¼ tsp	

SERVING:	YIELD:	VOLUME:
3 ⅓ tablespoons (No. 20 scoop) provides ⅓ cup of fruit.	25 Servings: 2 lb 12 oz	25 Servings: 1 quart 1 cup
	50 Servings: 5 lb 9 oz	50 Servings: 2 quarts 2 cups

Edited 2004

Special Tip:
This may be used as a dipping sauce for fish or chicken nuggets.

Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings

C-02

Nutrients Per Serving

Calories	49	Saturated Fat	0 g	Iron	0.29 mg
Protein	0.26 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	12.95 g	Vitamin A	193 IU	Sodium	13 mg
Total Fat	0.02 g	Vitamin C	1.3 mg	Dietary Fiber	0.7 g

Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned diced tomatoes, with juice	1 lb 5 oz	2 ½ cups ½ Tbsp (¾ No. 2-½ can)	2 lb 10 oz	1 ¼ qt ½ Tbsp (1 ½ No. 2-½ cans)	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a food processor or blender. Puree until smooth. 2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended. Refrigerate until ready to serve. 3. Portion with 2 oz ladle (¼ cup).
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Water		1 cup 2 Tbsp		2 ¼ cups	
Garlic powder		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Ground cumin		½ tsp		1 tsp	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	14 oz	1 ½ cups 3 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 ¼ cups 2 Tbsp (1 No. 2-½ can)	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (2 oz ladle) provides ¼ cup of vegetable.	25 Servings: 3 lb 4 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 6 lb 8 oz	50 Servings: 3 quarts ½ cup

Tested 2004

Salsa

Vegetable

Dips, Sauces, and Toppings

C-03

Special Tips:

- 1) Serve with broken tortilla pieces for dipping.
- 2) An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

Nutrients Per Serving					
Calories	18	Saturated Fat	0.02 g	Iron	0.41 mg
Protein	0.64 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.23 g	Vitamin A	400 IU	Sodium	157 mg
Total Fat	0.11 g	Vitamin C	8.5 mg	Dietary Fiber	0.7 g

Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings

C-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		2 Tbsp		¼ cup	1. Melt margarine or butter in stock pot. Reserve for step 3.
Cornstarch		¼ cup		½ cup	
Apple juice, cold		2 ¾ cups		1 qt 1 ½ cups	2. Dissolve cornstarch in cold apple juice. Add cinnamon and nutmeg.
Ground cinnamon		1 ½ tsp		1 Tbsp	
Ground nutmeg		¾ tsp		1 ½ tsp	3. Add honey and apple juice mixture to margarine or butter. Stir constantly until this mixture comes to a boil and is thickened and smooth.
Honey	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Canned unsweetened sliced apples, drained	2 lb 1 oz	1 qt	4 lb 2 oz	2 qt	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Vanilla		1 tsp		2 tsp	
					5. Portion with No. 16 scoop (¼ cup).

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of fruit.

YIELD:

25 Servings: 4 lb 3 oz

50 Servings: 8 lb 6 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Special Tips:

- 1) For each 25 servings, add 1/2 cup of raisins with the apples.
- 2) Serve over waffles, pancakes, or ice cream.

Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings

C-04

Nutrients Per Serving

Calories	88	Saturated Fat	0.23 g	Iron	0.26 mg
Protein	0.21 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	20.68 g	Vitamin A	57 IU	Sodium	13 mg
Total Fat	1.11 g	Vitamin C	6.8 mg	Dietary Fiber	1.0 g

Teriyaki Sauce

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	1. Mix brown sugar, granulated garlic, onion powder, and ginger in a bowl.
Granulated garlic		1 ¼ tsp		2 ½ tsp	
Onion powder		1 tsp		2 tsp	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended.
Ground ginger		¾ tsp		1 ½ tsp	
Worcestershire sauce		1 Tbsp		2 Tbsp	3. Cover and place in refrigerator overnight to develop flavors.
Catsup	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Cider vinegar		¼ cup		½ cup	4. Portion with 1 oz ladle (2 Tbsp).
Low-sodium soy sauce		½ cup		1 cup	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	25 Servings: 1 lb 14 oz	25 Servings: 3 ¼ cups
	50 Servings: 3 lb 12 oz	50 Servings: 1 quart 2 ½ cups

Edited 2004

Special Tip:
Use to baste chicken or meat during cooking, or as a dipping sauce for chicken or fish nuggets.

Teriyaki Sauce

Dips, Sauces, and Toppings

C-05

Nutrients Per Serving

Calories	37	Saturated Fat	0.01 g	Iron	0.35 mg
Protein	0.68 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	9.25 g	Vitamin A	231 IU	Sodium	471 mg
Total Fat	0.09 g	Vitamin C	3.5 mg	Dietary Fiber	0.4 g

Barbecue Sauce

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Dehydrated onions		1 Tbsp		2 Tbsp	1. Reconstitute onions in hot water. Do not drain.	
Water, hot		1 Tbsp		2 Tbsp		
Margarine or butter	3 oz	¼ cup	6 oz	¾ cup	2. Melt margarine or butter in stock pot and add onions. Sauté onions until lightly browned, about 5 minutes.	
Honey	1 lb	2 cups	2 lb	1 qt		
Ground black or white pepper		1 ½ tsp		1 Tbsp	3. Add remaining ingredients and allow to simmer, uncovered, for 20-30 minutes.	
Paprika		1 Tbsp		2 Tbsp		
Prepared yellow mustard		1 ½ tsp		1 Tbsp		
Worcestershire sauce		1 Tbsp		2 Tbsp		
Catsup		1 ½ cups		3 cups		
Granulated garlic		½ tsp		1 tsp		
White vinegar		¼ cup		½ cup		
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)		
						4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	25 Servings: 2 lb 3 oz	25 Servings: 3 cups 2 Tbsp
	50 Servings: 4 lb 6 oz	50 Servings: 1 quart 2 ¼ cups

Edited 2004

Special Tip:
Use to baste chicken or meat during cooking, or as a dipping sauce for chicken or fish nuggets.

Barbecue Sauce

Nutrients Per Serving					
Calories	101	Saturated Fat	0.57 g	Iron	0.37 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	20.35 g	Vitamin A	532 IU	Sodium	221 mg
Total Fat	2.87 g	Vitamin C	4.6 mg	Dietary Fiber	0.5 g

White Sauce

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Margarine or butter		2 Tbsp		¼ cup	1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth. 2. Gradually add milk, stirring constantly. 3. Cook, stirring frequently, until smooth and desired consistency, 12-15 minutes. 4. Portion with 1 oz ladle (2 Tbsp).
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
MEDIUM WHITE SAUCE:					
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 ¼ oz	½ cup 1 Tbsp	4 ½ oz	1 cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
THICK WHITE SAUCE:					
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
Salt		½ tsp		1 tsp	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	

SERVING:	YIELD:	VOLUME:
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2 tablespoons (1 oz ladle).

1 Quart 16 1 oz servings

1 Quart

2 Quarts 32 1 oz servings

2 Quarts

Edited 2004

White Sauce

Special Tips:

- 1) Use thin sauce for cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
- 2) Use medium sauce for gravy, creamed and scalloped vegetables, eggs, fish, meat.
- 3) Use thick sauce as binder for souffles, croquettes.

Nutrients Per Serving					
Calories	30	Saturated Fat	0.30 g	Iron	0.10 mg
Protein	1.21 g	Cholesterol	1 mg	Calcium	36 mg
Carbohydrate	3.00 g	Vitamin A	83 IU	Sodium	69 mg
Total Fat	1.47 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Nutrients are based on medium white sauce.

Cheese Sauce

Meat Alternate

Dips, Sauces, and Toppings

C-07A

Ingredients	1 Quart		2 Quarts		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. Melt margarine or butter in a sauce pan. Add flour and salt. Stir until smooth.
Enriched all-purpose flour	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Salt		½ tsp		1 tsp	2. Gradually add milk, stirring constantly.
Instant nonfat dry milk, reconstituted		1 qt		2 qt	
Reduced fat processed American cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cup	3. Cook, stirring frequently, until smooth and beginning to thicken, 12-15 minutes. Add in cheese and continue to stir until smooth and thick.
					4. Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle) provides ¾ oz cheese.	1 Quart 16 1 oz servings	1 Quart
	2 Quarts 32 1 oz servings	2 Quarts

Edited 2004

Nutrients Per Serving					
Calories	56	Saturated Fat	1.25 g	Iron	0.13 mg
Protein	3.08 g	Cholesterol	0 mg	Calcium	92 mg
Carbohydrate	4.13 g	Vitamin A	185 IU	Sodium	238 mg
Total Fat	2.97 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb 13 oz	3 ⅓ cups 2 Tbsp	3 lb 10 oz	1 qt 3 cups	1. Combine eggs, milk, salt, pepper, potatoes, vegetables, and cheese in a mixing bowl. Mix using paddle attachment on low speed for 2 minutes.
		OR 17 each		OR 33 each	
Lowfat 1% milk		2 cups		1 qt	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
*Fresh potatoes, peeled, grated	1 lb 3 oz	2 ½ cups	2 lb 6 oz	1 qt 1 cup	
Frozen mixed vegetables, thawed	2 lb	1 qt ½ cup	4 lb	2 qt 1 cup	
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	
Vegetable oil		1 Tbsp		2 Tbsp	2. Oil each pan (9" x 13" x 2") with 1 ½ tsp oil. For 24 servings, use 2 pans. For 48 servings, use 4 pans
Reduced fat Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	3. Into each pan (9" x 13" x 2"), which has been oiled, pour 3 lb 8 oz (1 qt 2 ½ cups) of egg mixture.
					4. Bake until a knife inserted in the center will come out clean. Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Sprinkle 2 oz (½ cup) of cheese over each pan. Bake until cheese is melted, about 5 minutes.
					6. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Vegetable Frittata

Meat Alternate-Vegetable

Main Dishes

D-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
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Potatoes	1 lb 8 oz	3 lb
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SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat and ¼ cup of vegetable.

YIELD:

24 Servings: 6 lb 5 oz
48 Servings: 12 lb 10 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	131	Saturated Fat	2.39 g	Iron	0.90 mg
Protein	8.95 g	Cholesterol	152 mg	Calcium	139 mg
Carbohydrate	10.64 g	Vitamin A	1945 IU	Sodium	233 mg
Total Fat	6.02 g	Vitamin C	2.9 mg	Dietary Fiber	2.0 g

Deviled Eggs

Meat Alternate

Main Dishes

D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		25 each		50 each	1. Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate until cool. 2. Peel eggs and cut in half. Remove yolks and place in a separate bowl.
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	$\frac{3}{4}$ cup 2 Tbsp OR $\frac{3}{4}$ cup 2 Tbsp	14 oz OR 14 oz	1 $\frac{3}{4}$ cups OR 1 $\frac{3}{4}$ cups	
White vinegar		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Prepared yellow mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Sugar		2 Tbsp		$\frac{1}{4}$ cup	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat.	25 Servings: 3 lb 2 oz	25 Servings: 50 half eggs
	50 Servings: 6 lb 4 oz	50 Servings: 100 half eggs

Edited 2004

Deviled Eggs

Meat Alternate

Main Dishes

D-02

Nutrients Per Serving

Calories	100	Saturated Fat	1.89 g	Iron	0.78 mg
Protein	6.34 g	Cholesterol	216 mg	Calcium	26 mg
Carbohydrate	3.46 g	Vitamin A	322 IU	Sodium	230 mg
Total Fat	6.53 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ¼ cup 2 Tbsp	2. Add onions to ground beef and sauté for 5 minutes or until onions are translucent.
Canned tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	3. In a heavy pot, combine beef, onions, tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and pepper. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally. CCP: Heat to 155° F or higher for at least 15 seconds.
Water		1 qt ½ cup		2 qt 1 cup	
Sugar		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried basil		¾ tsp		1 ½ tsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Cooked macaroni, noodles, or spaghetti (A-19)		1 qt 2 ¼ cups		3 qt ½ cup	4. Stir cooked macaroni, noodles, or spaghetti into meat sauce. Spread mixture into pans (9" x 12" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 10 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz

Beef and Spaghetti Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-03

SERVING:

$\frac{3}{8}$ cup (No. 10 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.

YIELD:

25 Servings: 2 pans
50 Servings: 4 pans

VOLUME:

25 Servings: 2 quarts 2 cups
50 Servings: 1 gallon 1 quart

Edited 2004

Nutrients Per Serving

Calories	193	Saturated Fat	3.31 g	Iron	2.23 mg
Protein	14.34 g	Cholesterol	39 mg	Calcium	26 mg
Carbohydrate	15.84 g	Vitamin A	513 IU	Sodium	154 mg
Total Fat	7.90 g	Vitamin C	12.1 mg	Dietary Fiber	1.7 g

Beef-Turkey Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans. 3. Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes CCP: Heat to 165° F or higher for at least 15 seconds. 4. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Beef-Turkey Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 4 lb 12 oz
50 Servings: 9 lb 8 oz

VOLUME:

25 Servings: 1 pan
50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	161	Saturated Fat	2.32 g	Iron	1.85 mg
Protein	12.66 g	Cholesterol	79 mg	Calcium	38 mg
Carbohydrate	11.30 g	Vitamin A	244 IU	Sodium	384 mg
Total Fat	7.04 g	Vitamin C	3.0 mg	Dietary Fiber	1.4 g

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 3. Glaze: In a saucepan over low heat, dissolve brown sugar, dry mustard, and catsup until smooth.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Brown sugar	4 oz	½ cup	8 oz	1 cup	
Dry mustard		1 ½ tsp		1 Tbsp	
Catsup	12 oz	1 ⅓ cups	1 lb 8 oz	2 ⅔ cups	

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

	<p>4. Baste each 5 lb 4 oz meat loaf evenly with 1 cup of glaze.</p> <p>Bake: Conventional oven: 350° F for 60 minutes Convection oven: 325° F for 50 minutes</p> <p>Bake for half of directed time. Remove from oven and baste each meat loaf with ½ cup of glaze. Bake for remainder of directed time.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>25 Servings: 5 lb 10 oz</p> <p>50 Servings: 11 lb 4 oz</p>	<p>25 Servings: 1 pan</p> <p>50 Servings: 2 pans</p>

Edited 2004

Glazed Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04A

Nutrients Per Serving

Calories	193	Saturated Fat	2.32 g	Iron	2.03 mg
Protein	12.91 g	Cholesterol	79 mg	Calcium	44 mg
Carbohydrate	19.48 g	Vitamin A	382 IU	Sodium	547 mg
Total Fat	7.09 g	Vitamin C	5.1 mg	Dietary Fiber	1.6 g

Mexican Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 ⅔ cups	14 oz	1 qt 1 ⅓ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 ¼ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 ¼ cups	1 lb 8 oz	2 ½ cups	
Canned tomato paste		2 Tbsp	2 oz	¼ cup (⅛ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
					2. Press 5 lb 4 oz of meat mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Salsa (C-03)	11 oz	1 ⅓ cups	1 lb 6 oz	2 ⅔ cups	3. Prepare Salsa (C-03). Baste each pan evenly with ⅔ cup of salsa. Bake: Conventional oven: 350° F for 15 minutes Convection oven: 325° F for 15 minutes

Mexican Meat Loaf

Meat-Vegetable-Grains/Breads

Main Dishes

D-04B

	<p>4. Remove from oven and baste each pan evenly with $\frac{2}{3}$ cup of salsa.</p> <p>Bake: Conventional oven: 350° F for 45 minutes Convection oven: 325° F for 35 minutes.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{8}$ cup of vegetable, and the equivalent of $\frac{1}{2}$ slice of bread.	<p>25 Servings: 5 lb 1 oz</p> <p>50 Servings: 10 lb 2 oz</p>	<p>25 Servings: 1 pan</p> <p>50 Servings: 2 pans</p>

Edited 2004

Nutrients Per Serving			
Calories	165	Saturated Fat	2.32 g
Protein	12.79 g	Cholesterol	79 mg
Carbohydrate	12.14 g	Vitamin A	252 IU
Total Fat	7.06 g	Vitamin C	4.8 mg
		Iron	1.93 mg
		Calcium	41 mg
		Sodium	416 mg
		Dietary Fiber	1.5 g

Tiny Meat Loaves

Meat-Vegetable-Grains/Breads

Main Dishes

D-04C

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 4 oz		2 lb 8 oz		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Using a No. 12 scoop ($\frac{1}{3}$ cup), portion meat mixture and shape into meat loaves. Place meat loaves (3 x 4) onto pans (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Raw ground turkey	1 lb 4 oz		2 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	2 oz	$\frac{1}{3}$ cup OR 3 Tbsp	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	
*Fresh celery, $\frac{1}{4}$ " diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 $\frac{2}{3}$ cups	14 oz	1 qt $1 \frac{1}{3}$ cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 $\frac{1}{4}$ cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 $\frac{1}{4}$ cups	1 lb 8 oz	2 $\frac{1}{2}$ cups	
Canned tomato paste		2 Tbsp	2 oz	$\frac{1}{4}$ cup ($\frac{1}{8}$ 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Tiny Meat Loaves

Meat-Vegetable-Grains/Breads

Main Dishes

D-04C

	<p>3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes If desired, baste tiny meat loaves with meat glaze (D-04A) or Salsa (C-03) before baking. Bake for 15 minutes as directed. Remove from oven and baste again and continue baking for 15 minutes.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 loaf.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 loaf provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 4 lb 12 oz</p> <p>48 Servings: 9 lb 8 oz</p>	<p>24 Servings: 24 loaves</p> <p>48 Servings: 48 loaves</p>

Edited 2004

Nutrients Per Serving			
Calories	168	Saturated Fat	2.41 g
Protein	13.19 g	Cholesterol	83 mg
Carbohydrate	11.77 g	Vitamin A	254 IU
Total Fat	7.33 g	Vitamin C	3.2 mg
		Iron	1.93 mg
		Calcium	40 mg
		Sodium	400 mg
		Dietary Fiber	1.5 g

Beef Patties

Meat-Vegetable-Grains/Breads

Main Dishes

D-04D

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	2 lb 8 oz		5 lb		1. In a mixing bowl, using the paddle attachment combine all ingredients. Mix on low speed for 5 minutes until blended. 2. Using a No. 12 scoop (1/3 cup), portion meat mixture and shape into patties. Place patties in rows 3 across and 2 down onto pans (9" x 13" x 2"). For 24 servings, use 4 pans. For 48 servings, use 8 pans.
*Fresh onions, chopped OR Dehydrated onions	2 oz	1/3 cup OR 3 Tbsp	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	
*Fresh celery, 1/4" diced	8 oz	2 cups	1 lb	1 qt	
Rolled oats	7 oz	2 2/3 cups	14 oz	1 qt 1 1/3 cups	
Enriched dry bread crumbs	5 oz	1 cup	10 oz	2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	10 oz	1 cup 3 Tbsp OR 6 each	1 lb 4 oz	2 1/4 cups 2 Tbsp OR 12 each	
Canned tomato sauce	12 oz	1 1/4 cups	1 lb 8 oz	2 1/2 cups	
Canned tomato paste		2 Tbsp	2 oz	1/4 cup (1/8 12 oz can plus 2 Tbsp)	
Worcestershire sauce		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	

Beef Patties

Meat-Vegetable-Grains/Breads

Main Dishes

D-04D

	<p>3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes If desired, baste beef patties with meat glaze (D-04A) or Salsa (C-03) before baking. Bake for 15 minutes as directed. Remove from oven and baste again and continue baking for 15 minutes.</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 patty.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	3 oz	6 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 patty provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 4 lb 12 oz</p> <p>48 Servings: 9 lb 8 oz</p>	<p>24 Servings: 24 patties</p> <p>48 Servings: 48 patties</p>

Edited 2004

Nutrients Per Serving

Calories	177	Saturated Fat	3.16 g	Iron	2.10 mg
Protein	13.39 g	Cholesterol	81 mg	Calcium	40 mg
Carbohydrate	11.77 g	Vitamin A	254 IU	Sodium	398 mg
Total Fat	8.19 g	Vitamin C	3.2 mg	Dietary Fiber	1.5 g

Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Reduced calorie salad dressing OR Lowfat mayonnaise	4 oz OR 4 oz	½ cup OR ½ cup	8 oz OR 8 oz	1 cup OR 1 cup	1. Combine salad dressing or mayonnaise and mustard in a bowl.	
Prepared yellow mustard		1 tsp		2 tsp		
Parmesan cheese, grated	4 oz	½ cup	8 oz	1 cup	2. In another bowl, combine Parmesan cheese, bread crumbs and pepper.	
Enriched dry bread crumbs	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup		
Ground black or white pepper		½ tsp		1 tsp	3. Using a pastry brush, coat chicken with the mayonnaise mixture.	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings		
						4. Dredge chicken in the crumb mixture. Place 12-13 pieces of chicken on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
						5. To Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Remove chicken from bone.

Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

6. CCP: Hold for hot service at 135° F or higher.

Portion with No. 12 scoop (1/3 cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:

1/3 cup (No. 12 scoop) provides 1 1/2 oz of cooked poultry.

YIELD:

25 Servings: 2 lb 15 oz
50 Servings: 5 lb 14 oz

VOLUME:

25 Servings: 2 quarts 2/3 cup
50 Servings: 1 gallon 1 1/3 cups

Tested 2004

Nutrients Per Serving

Calories	115	Saturated Fat	1.66 g	Iron	0.78 mg
Protein	14.28 g	Cholesterol	45 mg	Calcium	73 mg
Carbohydrate	2.87 g	Vitamin A	60 IU	Sodium	187 mg
Total Fat	4.77 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Nutrients are based on 1 drumstick without skin.

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings	<p>1. Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p>2. Bake until lightly browned.: Conventional oven: 425° F for 30 minutes Convection oven: 375° F for 30 minutes Drain and discard liquid and fat.</p> <p>3. Remove chicken from bone. Place 1 lb 2 oz chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>	
Sweet-and-Sour Sauce:						<p>4. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, dry mustard, granulated garlic, pineapple juice, and peach puree. OR Use bottled sweet-and-sour sauce. Simmer for 15 minutes.</p>
Soy sauce		2 Tbsp		¼ cup		
Vegetable oil		2 Tbsp		¼ cup		
Lemon juice		1 Tbsp		2 Tbsp		
White vinegar		¾ cup		1 ½ cups		
Sugar	6 oz	¾ cup	12 oz	1 ½ cups		
Dry mustard		1 tsp		2 tsp		
Granulated garlic		1 tsp		2 tsp		
Pineapple juice		1 cup		2 cups		
Canned peaches, drained and pureed	4 oz	½ cup	8 oz	1 cup		
OR Bottled sweet-and-sour sauce	OR 1 lb 4 oz	OR 2 cups	OR 2 lb 8 oz	OR 1 qt		
Pineapple juice		1 cup		2 cups	5. Add pineapple juice.	

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Cornstarch	2 Tbsp	¼ cup	6. Dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened.
Water, cold	¾ cup	1 ½ cups	
			7. Pour 1 ½ cups of sauce over each casserole dish of chicken.
			8. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes Baste every 15 minutes for a glazed appearance. CCP: Heat to 165° F or higher for at least 15 seconds.
			9. CCP: Hold for hot service at 135° F or higher. Portion with No. 10 scoop (¾ cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
¾ cup (No. 10 scoop) provides 1 ½ oz cooked poultry.	25 Servings: 4 lb 1 oz	25 Servings: 2 quarts 2 cups
	50 Servings: 8 lb 2 oz	50 Servings: 1 gallon 1 quart

Tested 2004

Special Tip:
The Sweet-and-Sour Sauce from Step 4 may be used on baked fish or baked pork.

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Nutrients Per Serving					
Calories	128	Saturated Fat	0.78 g	Iron	0.66 mg
Protein	12.18 g	Cholesterol	40 mg	Calcium	9 mg
Carbohydrate	11.30 g	Vitamin A	53 IU	Sodium	124 mg
Total Fat	3.53 g	Vitamin C	2.5 mg	Dietary Fiber	0.2 g

Nutrients are based on 1 drumstick without skin.

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	4 lb 13 oz OR 5 lb 9 oz OR 4 lb 6 oz OR 5 lb 7 oz	24 servings OR 24 servings OR 24 servings OR 24 servings	9 lb 10 oz OR 11 lb 2 oz OR 8 lb 12 oz OR 10 lb 14 oz	48 servings OR 48 servings OR 48 servings OR 48 servings	1. Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"), which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.	
Garlic salt		1 Tbsp		2 Tbsp		2. Combine garlic salt, paprika, and celery salt. Sprinkle 1 ½ Tbsp evenly over each pan.
Paprika		1 Tbsp		2 Tbsp		
Celery salt		1 Tbsp		2 Tbsp		3. Bake: Conventional oven: 375° F for 30 minutes Convection oven: 350° F for 25 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Reserve for step 6.
*Fresh onions, minced OR Dehydrated onion	5 oz	⅔ cup OR ¼ cup 2 Tbsp	10 oz	1 ⅓ cups OR ¾ cup	4. In a separate bowl, combine onions, green peppers, parsley, tomatoes, chili powder, white rice, and chicken stock. Place 1 lb 7 oz into each pan (9" x 13" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover pans.	
*Fresh green peppers, diced	3 oz	½ cup	6 oz	1 cup		
Dried parsley		1 Tbsp		2 Tbsp		
Canned diced tomatoes, drained	7 oz	1 cup	14 oz	2 cups		
Chili powder		1 Tbsp		2 Tbsp		

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Enriched white rice, medium grain	15 oz	2 cups	1 lb 14 oz	1 qt	
Chicken stock, non-MSG		1 qt		2 qt	
					5. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. Remove chicken from bone. Evenly distribute 1 lb 1 ¼ oz of chicken into each pan of rice.
					7. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Note: The weights given provide an average of 24 and 48 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Green peppers	4 oz	8 oz

SERVING:

1 piece provides 1 ½ oz of cooked poultry and the equivalent of ½ slice of bread.

YIELD:

24 Servings: 24 pieces

48 Servings: 48 pieces

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Mexican Chicken with Rice

Meat-Grains/Breads

Main Dishes

D-06A

Nutrients Per Serving					
Calories	146	Saturated Fat	0.69 g	Iron	1.52 mg
Protein	13.58 g	Cholesterol	40 mg	Calcium	13 mg
Carbohydrate	15.84 g	Vitamin A	410 IU	Sodium	329 mg
Total Fat	2.68 g	Vitamin C	4.3 mg	Dietary Fiber	0.6 g

Nutrients are based on 1 drumstick without skin.

Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

Ingredients	24 servings		48 servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular	15 oz	1 ½ cups	1 lb 14 oz	3 cups	1. Add 7 ½ oz (¾ cup) rice and 1 ½ cups water to each half-steamtable pan (12" x 10" x 2"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover.
Water		3 cups		1 qt 2 cups	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		2. Bake: Conventional oven: 350° F for 25-30 minutes
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	3. Brown ground beef. Drain. Continue immediately. 4. Add onions, peppers, and celery to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green peppers, ¼" diced	5 oz	1 cup	10 oz	2 cups	
*Fresh celery, ¼" diced	7 oz	2 cups	14 oz	1 qt	5. Add water, catsup, tomato puree, honey, chili powder, oregano, salt, pepper, Worcestershire sauce, and vinegar to meat mixture. Stir to blend. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 15 minutes.
Water		1 qt 1 cup		2 qt 2 cups	
Catsup	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Canned tomato puree	1 lb	2 cups	2 lb	1 qt	
Honey		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 Tbsp		2 Tbsp	
Dried oregano		¾ tsp		1 ½ tsp	
Salt		¾ tsp		1 ½ tsp	
Ground black or white pepper		¼ tsp		½ tsp	
Worcestershire sauce		¼ cup		½ cup	
White vinegar		¼ cup		½ cup	
Frozen mixed vegetables, thawed (optional)	1 lb	3 ½ cups	2 lb	1 qt 3 cups	6. Distribute 8 oz (1 ¾ cups) of mixed vegetables (optional) over each pan of rice.
					7. Top each pan with 3 lb 3 oz (1 qt 2 cups) of meat mixture. Cover.

Beef and Rice Casserole

Meat-Vegetable-Grains/Breads

Main Dishes

D-07

	<p>8. Bake: Conventional oven: 375° F for 20 minutes Convection oven: 350° F for 20 minutes</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	8 oz	1 lb
Green peppers	7 oz	14 oz
Celery	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
1 portion provides 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread.	<p>24 Servings: 10 lb 1 oz</p> <p>48 Servings: 20 lb 2 oz</p>	<p>24 Servings: 2 pans</p> <p>48 Servings: 4 pans</p>

Tested 2004

Nutrients Per Serving			
Calories	225	Saturated Fat	3.39 g
Protein	14.01 g	Cholesterol	40 mg
Carbohydrate	23.60 g	Vitamin A	543 IU
Total Fat	8.02 g	Vitamin C	9.2 mg
		Iron	2.47 mg
		Calcium	28 mg
		Sodium	387 mg
		Dietary Fiber	1.1 g

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shell, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. For 24 servings, use 4 shells. For 48 servings, use 8 shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 7.
*Fresh broccoli, chopped	2 lb 2 oz	3 qt 2 cups	4 lb 4 oz	1 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	3. Steam or boil broccoli until tender, about 10 minutes. 4. In a small pan, sauté onions in margarine or butter until tender, about 3-5 minutes. Set aside to cool.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	5. In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Reserve for step 8.
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	6. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 1 Tbsp of this crumb mixture in the bottom of each baked crust.
Ground black or white pepper		½ tsp		1 tsp	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	7. Add 11 oz (2 ½ cups) of cooked broccoli to each crust. 8. Pour 15 oz (2 ⅓ cups) of egg mixture over the broccoli in each crust.
Reduced fat Cheddar cheese, shredded	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

					9. First bake: Conventional oven: 375° F for 30-35 minutes Convection oven: 350° F for 30-35 minutes
Reduced fat Cheddar cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	10. Top each quiche with 3 ⅛ oz (¾ cup) of cheese. Cover with foil.
					11. Second bake: Conventional oven: 375° F for 15 minutes Convection oven: 350° F for 15 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					12. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	24 Servings: 9 lb 8 oz 48 Servings: 18 lb 8 oz	24 Servings: 4 pans 48 Servings: 8 pans

Tested 2004

Broccoli Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08

Nutrients Per Serving

Calories	333	Saturated Fat	7.38 g	Iron	1.66 mg
Protein	15.07 g	Cholesterol	79 mg	Calcium	372 mg
Carbohydrate	22.90 g	Vitamin A	1315 IU	Sodium	482 mg
Total Fat	20.41 g	Vitamin C	26.7 mg	Dietary Fiber	2.0 g

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched 9-inch pie shells, unbaked (B-23)	3 lb 6 oz	4 each	6 lb 12 oz	8 each	1. For pie crust use recipe Bottom Pastry Crust (see recipe B-23). Prick the bottom and sides of pie shells. 2. Bake pie shells until lightly browned: Conventional oven: 425° F for 5-7 minutes Convection oven: 400° F for 5 minutes Reserve for step 5.
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
*Fresh green peppers, diced	9 oz	1 ¾ cups	1 lb 2 oz	3 ½ cups	3. In a small pan, sauté onions and green pepper in margarine or butter until tender, about 3-5 minutes. Set aside to cool. 4. In a bowl, combine milk, eggs, salt, pepper, oregano, paprika, parsley, and basil. Add onion and green pepper. Stir to blend.
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Lowfat 1% milk		1 qt		2 qt	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Dried oregano		⅛ tsp		¼ tsp	
Paprika		⅛ tsp		¼ tsp	
Dried parsley		½ tsp		1 tsp	
Dried basil		⅛ tsp		¼ tsp	
Enriched dry bread crumbs	5 ½ oz	1 cup	11 oz	2 cups	5. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 3 Tbsp of this crumb mixture in the bottom of each baked crust.
Reduced fat Cheddar cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
Canned diced tomatoes, with juice	1 lb 2 oz	2 cups 3 Tbsp	2 lb 4 oz	1 qt 1 ⅓ cups	6. Pour 4 ½ oz (½ cup 2 ¼ tsp) of tomatoes over the bread crumbs and cheese in each crust.

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

					7. Pour 15 oz (2 ¼ cups) of egg mixture over the tomatoes in each crust.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Top each quiche with 2 oz (½ cup) Cheddar cheese and 1 oz (3 Tbsp) green peppers.
*Fresh green peppers, diced	4 oz	¾ cup	8 oz	1 ½ cups	
Canned corn, whole kernel liquid packed, drained	1 lb 1 oz	¾ cup	2 lb 2 oz	1 ½ cups	9. Pour 4 ¼ oz (3 Tbsp) corn over egg and tomato mixture in each pie crust.
					10. Bake: Conventional oven: 375° F for 40 minutes Convection oven: 350° F for 35 minutes Bake until knife inserted in center comes out clean. CCP: Heat to 155° F or higher for at least 15 seconds.
					11. CCP: Hold for hot service at 135° F or higher. Cut each pie into 6 slices. Portion is 1 slice.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Green peppers	1 lb 1 oz	2 lb 2 oz

SERVING:

1 slice provides the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

24 Servings: 9 lb 5 oz
48 Servings: 18 lb 10 oz

VOLUME:

24 Servings: 4 pans
48 Servings: 8 pans

Tested 2004

Spanish Quiche

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-08A

Nutrients Per Serving

Calories	343	Saturated Fat	6.93 g	Iron	1.96 mg
Protein	14.42 g	Cholesterol	77 mg	Calcium	329 mg
Carbohydrate	27.72 g	Vitamin A	746 IU	Sodium	560 mg
Total Fat	19.88 g	Vitamin C	16.2 mg	Dietary Fiber	1.5 g

Oven-Baked Fish

Meat

Main Dishes

D-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 2 oz OR 3 lb 7 oz	25 each OR 25 each	6 lb 4 oz OR 6 lb 14 oz	50 each OR 50 each	2. Pat fish portions dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll fish portions in bread crumbs to coat.
					4. Place 12-13 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake until fish flakes easily with a fork: Conventional oven: 500° F for 17 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 piece (1 ½ oz).

Oven-Baked Fish

Meat

Main Dishes

D-09

SERVING:

1 piece provides 1 ½ oz of cooked fish.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 2 pans

50 Servings: 4 pans

Tested 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving

Calories	72	Saturated Fat	0.16 g	Iron	0.55 mg
Protein	11.76 g	Cholesterol	40 mg	Calcium	51 mg
Carbohydrate	3.56 g	Vitamin A	20 IU	Sodium	230 mg
Total Fat	0.86 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Fish Nuggets

Meat

Main Dishes

D-09A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Frozen fish portions, thawed (at least 2 oz each) OR Fresh or frozen fish fillet, thawed (at least 2.2 oz each)	3 lb 2 oz OR 3 lb 7 oz	25 each OR 25 each	6 lb 4 oz OR 6 lb 14 oz	50 each OR 50 each	2. Cut fish portions in half and pat dry with paper towels. In a separate bowl, coat fish with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll fish pieces in bread crumbs to coat.
					4. Place 25 pieces of fish in a single layer on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake : Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz).

Fish Nuggets

Meat

Main Dishes

D-09A

SERVING:

2 pieces provide 1 ½ oz of cooked fish.

YIELD:

25 Servings: 2 lb 5 oz

50 Servings: 4 lb 10 oz

VOLUME:

25 Servings: 2 pans

50 Servings: 4 pans

Edited 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving

Calories	72	Saturated Fat	0.16 g	Iron	0.55 mg
Protein	11.76 g	Cholesterol	40 mg	Calcium	51 mg
Carbohydrate	3.56 g	Vitamin A	20 IU	Sodium	230 mg
Total Fat	0.86 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Chicken Nuggets

Meat

Main Dishes

D-09B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Raw boneless, skinless chicken (at least 1.1 oz each)	3 lb 7 oz	50 each	6 lb 14 oz	100 each	2. In another bowl, coat chicken with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll chicken pieces in bread crumbs to coat.
					4. Place 25 pieces of chicken in a single layer on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. Bake: Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 2 pieces (1½ oz).

SERVING:	YIELD:	VOLUME:
2 pieces provide 1 ½ oz of cooked poultry.	25 Servings: 2 lb 6 oz	25 Servings: 2 pans
	50 Servings: 4 lb 11 oz	50 Servings: 4 pans

Chicken Nuggets

Meat

Main Dishes

D-09B

Edited 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving					
Calories	89	Saturated Fat	0.48 g	Iron	0.69 mg
Protein	13.95 g	Cholesterol	35 mg	Calcium	23 mg
Carbohydrate	3.56 g	Vitamin A	11 IU	Sodium	210 mg
Total Fat	1.68 g	Vitamin C	0 mg	Dietary Fiber	0.1 g

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
*Fresh celery, minced	4 oz	1 cup	8 oz	2 cups	1. In a pan, sauté celery, carrots, and onions in vegetable oil for 5 minutes until tender. Stir in salt, pepper, oregano, and lemon juice. Set aside to cool slightly.	
*Fresh carrots, shredded	4 oz	1 ¼ cups	8 oz	2 ½ cups		
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp		
Vegetable oil		2 Tbsp		¼ cup		
Salt		1 ½ tsp		1 Tbsp		
Ground black or white pepper		½ tsp		1 tsp		
Dried oregano		1 tsp		2 tsp		
Lemon juice		2 Tbsp		¼ cup		
Canned tuna, water packed, drained	1 lb 15 ½ oz	3 cans (12 oz each)	3 lb 15 oz	6 cans (12 oz each)		2. Mix cooled vegetables with tuna. Reserve for step 5.
Frozen whole eggs, thawed OR Fresh large eggs	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each		3. In a bowl, beat eggs with a wire whip until foamy.
Reduced calorie salad dressing OR Lowfat mayonnaise	12 oz OR 12 oz	1 ½ cups OR 1 ½ cups	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	4. Fold salad dressing or mayonnaise into eggs.	
Enriched dry bread crumbs	6 oz	1 cup 2 Tbsp	12 oz	2 ¼ cups	5. Combine tuna and egg mixtures. Add bread crumbs. Mix until thoroughly blended. Cover and refrigerate 20 minutes.	
Enriched dry bread crumbs	8 oz	1 ½ cups	1 lb	3 cups	6. Using a No. 16 scoop (¼ cup), portion fish mixture and shape into cakes. Roll cakes in crumbs and place 12 or 13 patties onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Spray tops of cakes with pan release spray to aid in the browning process.	

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

	<p>7. Bake until golden brown: Conventional oven: 375° F for 18 minutes Convection oven: 350° F for 12 minutes</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p>
	<p>8. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion is 1 patty.</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 patty provides the equivalent of 1½ oz of cooked lean meat and the equivalent of ½ slice bread.	<p>25 Servings: 3 lb 4 oz</p> <p>50 Servings: 6 lb 8 oz</p>	<p>25 Servings: 1 quart 2 ¼ cups raw fish mixture 25 patties</p> <p>50 Servings: 3 quarts ½ cup raw fish mixture 50 patties</p>

Tested 2004

Special Tip:

This may also be served in a sandwich with lettuce, tomato, and tartar sauce.

Tuna Patties

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-10

Nutrients Per Serving

Calories	167	Saturated Fat	1.13 g	Iron	1.82 mg
Protein	12.45 g	Cholesterol	55 mg	Calcium	50 mg
Carbohydrate	15.52 g	Vitamin A	825 IU	Sodium	535 mg
Total Fat	5.76 g	Vitamin C	0.8 mg	Dietary Fiber	0.8 g

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	1. Combine flour, salt, margarine or butter, and water. Mix with fork for 2-3 minutes until dough is moistened. Cover and hold in refrigerator until step 7.
Salt		¾ tsp		1 ½ tsp	
Margarine or butter	4 ½ oz	½ cup 3 Tbsp	9 oz	1 ¼ cups 2 Tbsp	
Water, cold		½ cup		1 cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	2. In a heavy pot, melt margarine or butter. Add celery and onions and cook over medium heat until vegetables are tender, about 5 minutes.
*Fresh celery, ¼" diced	10 oz	2 ¼ cups	1 lb 4 oz	1 qt ½ cup	
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 2 oz	1 ¾ cups OR 1 cup	1 lb 4 oz OR 4 oz	3 ½ cups OR 1 cup	3. Slowly add flour to vegetables, stirring constantly. Cook over medium heat until golden brown, about 5 minutes.
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Chicken stock, non-MSG		2 qt		1 gal	
Ground black or white pepper		¾ tsp		1 ½ tsp	
*Cooked chicken or turkey, chopped	2 lb 6 oz	2 qt 1 cup	4 lb 12 oz	1 gal 2 cups	5. Place 1 lb 3 oz (1 qt ½ cup) of chicken in each half-steamtable pan (12" x 10" x 2 ½"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Add 13 oz (3 cups) of mixed vegetables to the chicken in each pan.
Frozen mixed vegetables	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	
					6. Pour 1 qt 1 ½ cups of gravy evenly over each pan of chicken and mixed vegetables. Stir to combine.

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

	7. On a lightly floured surface, roll 12 ¼ oz of dough into a rectangle (12" x 10"). Cover each pan of chicken with one pastry rectangle and seal dough on sides of pan. Brush top of pastry with a pastry brush dipped in milk. Cut slits in pastry.
	8. Bake until crust is golden brown and filling is bubbling. Conventional oven: 400° F for 20 minutes Convection oven: 350° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	12 oz	1 lb 8 oz
Chicken, whole, without neck and giblets	6 lb 10 oz	13 lb 4 oz
OR	OR	OR
Turkey, whole, without neck and giblets	5 lb 1 oz	10 lb 2 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 1 ½ oz of cooked poultry, ¼ cup of vegetable, and the equivalent of 1 ¾ slices of bread.	24 Servings: 10 lb 11 oz 48 Servings: 21 lb 6 oz	24 Servings: 2 pans 48 Servings: 4 pans

Edited 2004

Chicken Pot Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-11

Nutrients Per Serving

Calories	285	Saturated Fat	2.64 g	Iron	2.19 mg
Protein	17.03 g	Cholesterol	40 mg	Calcium	29 mg
Carbohydrate	27.10 g	Vitamin A	1646 IU	Sodium	230 mg
Total Fat	11.88 g	Vitamin C	2.2 mg	Dietary Fiber	2.4 g

Teriyaki Chicken

Meat

Main Dishes

D-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon juice		½ cup		1 cup	1. Marinade: In a bowl, whisk together lemon juice, soy sauce, vegetable oil, catsup, pepper, and granulated garlic. Whisk until smooth.
Low-sodium soy sauce		½ cup		1 cup	
Vegetable oil		⅓ cup		⅔ cup	
Catsup		¼ cup		½ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Granulated garlic		¼ tsp		½ tsp	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb OR 5 lb 12 ½ oz OR 4 lb 8 ½ oz OR 5 lb 10 oz	25 servings OR 25 servings OR 25 servings OR 25 servings	10 lb OR 11 lb 9 oz OR 9 lb 1 oz OR 11 lb 4 oz	50 servings OR 50 servings OR 50 servings OR 50 servings	
					3. Bake until golden brown: Conventional oven: 350° F for 65 minutes Convection oven: 325° F for 60 minutes CCP: Heat to 165° F or higher for at least 15 seconds. Remove chicken from bone.
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Teriyaki Chicken

Meat

Main Dishes

D-12

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
1/3 cup (No. 12 scoop) provides 1 1/2 oz of cooked poultry.	25 Servings: 2 lb 14 oz 50 Servings: 5 lb 12 oz	25 Servings: 2 quarts 1/4 cup 3 pans 50 Servings: 1 gallon 1/2 cup 6 pans

Tested 2004

Nutrients Per Serving					
Calories	106	Saturated Fat	1.04 g	Iron	0.70 mg
Protein	12.42 g	Cholesterol	40 mg	Calcium	7 mg
Carbohydrate	1.49 g	Vitamin A	51 IU	Sodium	262 mg
Total Fat	5.35 g	Vitamin C	1.6 mg	Dietary Fiber	0.1 g

Nutrients are based on 1 drumstick without skin.

Mexican Pizza

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortillas (at least 0.9 oz each)		12 each		24 each	1. Place 4 tortillas in a single layer on each half-sheet pan (13" x 18" x 1"), which has been lightly coated with pan release spray. For 24 servings, use 3 pans. For 48 servings, use 6 pans.
Canned tomato paste	3 oz	1/3 cup (1/4 12 oz can)	6 oz	2/3 cup (1/2 12 oz can)	
Salsa (C-03)	1 lb 2 oz	2 1/4 cups	2 lb 4 oz	1 qt 1/2 cup	2. In a bowl, combine tomato paste and salsa.
Refried beans (I-13)	3 lb 5 oz	1 qt 2 1/4 cups	6 lb 10 oz	3 qt 1/2 cup	
Reduced fat mozzarella cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	3. Spread each tortilla with: No. 8 scoop (1/2 cup) of refried beans No. 24 scoop (2 2/3 Tbsp) of the salsa mixture No. 16 scoop (1/4 cup) of cheese
					4. Bake until thoroughly heated and cheese is melted: Conventional oven: 375° F for 9 minutes Convection oven: 350° F for 9 minutes
					5. CCP: Hold for hot service at 135° F or higher. Cut each pizza into 4 pieces. Portion is 2 pieces.

SERVING:	YIELD:	VOLUME:
2 pieces (1/2 pizza) provide the equivalent of 1 1/2 oz of cooked lean meat, 1/8 cup of vegetable, and the equivalent of 1/2 slice of bread.	24 Servings: 6 lb 8 oz 48 Servings: 13 lb	24 Servings: 12 pizzas 3 pans 48 Servings: 24 pizzas 6 pans

Tested 2004

Mexican Pizza

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Nutrients Per Serving

Calories	175	Saturated Fat	2.28 g	Iron	1.86 mg
Protein	11.01 g	Cholesterol	9 mg	Calcium	217 mg
Carbohydrate	20.27 g	Vitamin A	170 IU	Sodium	504 mg
Total Fat	5.69 g	Vitamin C	4.8 mg	Dietary Fiber	2.9 g

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 1 qt		2 gal 2 qt	1. Boil water and salt in a stock pot.
Salt		1 tsp		2 tsp	
Enriched elbow macaroni	12 oz	1 qt	1 lb 8 oz	2 qt	2. Cook pasta in boiling water until tender but still firm (al dente), about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.
Vegetable oil		¼ cup		½ cup	
*Fresh broccoli florets	1 lb 10 oz	2 qt 2 cups	3 lb 4 oz	1 gal 1 qt	3. Cook broccoli in steamer for 2-3 minutes until just tender. Quickly cool in ice water and drain.
*Fresh carrots, peeled, shredded	7 oz	1 ½ cups	14 oz	3 cups	4. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly. Spread 2 lb 15 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Reduced fat mozzarella cheese, ½" cubes	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	
Prepared yellow mustard		1 tsp		2 tsp	5. In a bowl, whisk together mustard, vinegar, granulated garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil.
White vinegar		¼ cup		½ cup	
Granulated garlic		1 tsp		2 tsp	
Dried chives, minced		1 tsp		2 tsp	
Dried basil		1 tsp		2 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Vegetable oil		1 cup		2 cups	
					6. Pour dressing over pasta and vegetables and mix thoroughly.

Pasta Toss with Vegetables

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-14

7. Cool to 41° F within 4 hours.
Refrigerate until ready to serve.
Portion with No. 8 scoop (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb	4 lb
Carrots	9 oz	1 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ¾ oz of cheese, ¼ cup of vegetable, and the equivalent of ½ slice of bread.	25 Servings: 5 lb 14 oz 50 Servings: 11 lb 12 oz	25 Servings: 3 quarts ½ cup 50 Servings: 1 gallon 2 ¼ quarts

Edited 2004

Nutrients Per Serving

Calories	216	Saturated Fat	3.06 g	Iron	0.96 mg
Protein	8.86 g	Cholesterol	7 mg	Calcium	178 mg
Carbohydrate	15.10 g	Vitamin A	2262 IU	Sodium	263 mg
Total Fat	13.63 g	Vitamin C	22.2 mg	Dietary Fiber	1.8 g

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs	2 lb 13 oz	1 qt 1 ³ / ₈ cups	5 lb 10 oz	2 qt 2 ³ / ₄ cups	1. Beat eggs thoroughly.
Instant nonfat dry milk, reconstituted		2 cups		1 qt	2. Add milk and salt. Mix until well blended.
Salt		³ / ₄ tsp		1 ¹ / ₂ tsp	
					3. Into each half-steamtable pan (12" x 10" x 2") which has been lightly coated with pan release spray, pour 3 lb 13 oz (1 qt 3 ³ / ₈ cups) egg mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Bake: Conventional oven: 350° F for 20 minutes Stir once after 15 minutes. Convection oven: 300° F for 10 minutes DO NOT OVERCOOK CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Remove from oven. Stir well. Eggs will be cooked completely but still have a slightly moist appearance.
Margarine or butter (optional)		2 Tbsp 2 tsp		¹ / ₃ cup	6. To each pan, add approximately 2 Tbsp 2 tsp margarine or butter (optional). Stir.
Reduced fat Cheddar cheese, shredded (optional)	8 oz	2 cups	1 lb	1 qt	7. Sprinkle 8 oz (2 cups) cheese (optional) over each pan.
					8. CCP: Hold for hot service at 135° F or higher. For best results, serve within 15 minutes. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.

Baked Scrambled Eggs

Meat Alternate

Main Dishes

D-15

SERVING:

1 piece provides 1 large egg or the equivalent of 2 oz of cooked lean meat.

YIELD:

25 Servings: 1 pan

50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 3 $\frac{3}{8}$ cups (uncooked)

50 Servings: 3 quarts 2 $\frac{3}{4}$ cups (uncooked)

Edited 2004

Nutrients Per Serving

Calories	91	Saturated Fat	1.89 g	Iron	0.62 mg
Protein	6.29 g	Cholesterol	180 mg	Calcium	58 mg
Carbohydrate	2.06 g	Vitamin A	361 IU	Sodium	223 mg
Total Fat	6.24 g	Vitamin C	0.2 mg	Dietary Fiber	0 g

Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, 1" cubes	5 lb 2 oz		10 lb 4 oz		1. Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb	2 ⅔ cups OR 1 ½ cups	2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried thyme		½ tsp		1 tsp	
Water or beef stock, non-MSG		3 qt		1 gal 2 qt	3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned sliced carrots, drained	2 lb 3 oz	1 qt 1 cup (½ No. 10 can)	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned small whole potatoes, drained	1 lb 12 oz	3 cups (⅓ No. 10 can plus ½ cup)	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	5. Pour into serving pans.
Canned green peas, drained	1 lb 10 oz	1 qt ½ cup (⅓ No. 10 can plus ½ cup)	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

SERVING:

1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.

YIELD:

25 Servings: 1 gallon 2 ¼ quarts
50 Servings: 3 gallons 2 cups

VOLUME:

25 Servings: 1 gallon 2 ¼ quarts
50 Servings: 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	218	Saturated Fat	2.38 g	Iron	3.06 mg
Protein	19.80 g	Cholesterol	49 mg	Calcium	28 mg
Carbohydrate	16.48 g	Vitamin A	5767 IU	Sodium	270 mg
Total Fat	7.80 g	Vitamin C	5.9 mg	Dietary Fiber	2.9 g

Chicken and Noodles

Meat-Grains/Breads

Main Dishes

D-17

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 gal		2 gal	1. Heat chicken stock to a boil. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered for 6 minutes. DO NOT DRAIN.
Enriched noodles	1 lb 4 oz	3 qt 3 cups	2 lb 8 oz	1 gal 3 ½ qt	
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	2. Melt margarine or butter. Add flour and stir until smooth. 3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine. 4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. 5. Pour 2 qt of chicken mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 3 pans. For 50 servings use 6 pans. 6. Bake: Conventional oven: 190° F for 30 minutes Convection oven: 180° F for 30 minutes
*Fresh carrots, shredded (optional)	4 oz	1 cup	8 oz	2 cups	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried marjoram (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		¼ cup		½ cup	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	

Chicken and Noodles

Meat-Grains/Breads

Main Dishes

D-17

7. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Carrots (optional)	5 oz	10 oz
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz
OR	OR	OR
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz

SERVING:

1 cup (8 oz ladle) provides 2 oz of cooked poultry and the equivalent of 1 slice of bread.

YIELD:

25 Servings: 3 pans

50 Servings: 6 pans

VOLUME:

25 Servings: 1 gallon 2 ¼ quarts

50 Servings: 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	263	Saturated Fat	1.92 g	Iron	2.14 mg
Protein	22.37 g	Cholesterol	79 mg	Calcium	61 mg
Carbohydrate	24.83 g	Vitamin A	148 IU	Sodium	187 mg
Total Fat	7.73 g	Vitamin C	0.6 mg	Dietary Fiber	1.1 g

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ¼ qt OR 2 qt 3 ⅞ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		
Vegetable oil		½ cup		1 cup	7. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	223	Saturated Fat	1.73 g	Iron	1.59 mg
Protein	22.53 g	Cholesterol	54 mg	Calcium	52 mg
Carbohydrate	11.82 g	Vitamin A	12105 IU	Sodium	290 mg
Total Fat	9.66 g	Vitamin C	39.8 mg	Dietary Fiber	3.3 g

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		¼ cup 3 Tbsp		¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Beef stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ½ qt OR 2 qt 3 ½ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	
Raw skinless, boneless beef top round, ½" cubes	5 lb 2 oz		10 lb 4 oz		
Vegetable oil		½ cup		1 cup	7. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing beef in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	244	Saturated Fat	2.10 g	Iron	2.96 mg
Protein	24.89 g	Cholesterol	56 mg	Calcium	46 mg
Carbohydrate	11.68 g	Vitamin A	12095 IU	Sodium	288 mg
Total Fat	10.88 g	Vitamin C	39.8 mg	Dietary Fiber	3.3 g

Pork Stir-Fry

Meat-Vegetable

Main Dishes

D-18B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		¼ cup 3 Tbsp		¾ cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, ¼" slices OR Frozen sliced carrots	2 lb 13 oz OR 3 lb 6 oz	2 qt 1 cup OR 3 qt	5 lb 10 oz OR 6 lb 12 oz	1 gal 2 cups OR 1 gal 2 qt	4. Sauté sliced carrots in oil for 4 minutes.
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	2 lb 13 oz OR 3 lb 7 oz	1 gal 1 ¼ qt OR 2 qt 3 ½ cups	5 lb 10 oz OR 6 lb 14 oz	2 gal 2 ¼ qt OR 1 gal 1 ⅔ qt	6. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm.
Raw skinless, boneless pork shoulder or loin, ½" cubes	5 lb 12 oz		11 lb 9 oz		
Vegetable oil		½ cup		1 cup	7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Pork Stir-Fry

Meat-Vegetable

Main Dishes

D-18B

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:

$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.

YIELD:

25 Servings: 11 lb 10 oz
50 Servings: 23 lb 4 oz

VOLUME:

25 Servings: 1 gallon 1 quart
50 Servings: 2 gallons 2 quarts

Edited 2004

Special Tip:

For an authentic Oriental flavor, when sauteing pork in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving

Calories	258	Saturated Fat	3.33 g	Iron	1.67 mg
Protein	22.89 g	Cholesterol	60 mg	Calcium	57 mg
Carbohydrate	11.49 g	Vitamin A	12096 IU	Sodium	283 mg
Total Fat	13.55 g	Vitamin C	40.0 mg	Dietary Fiber	3.3 g

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 10 oz		3 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 1 qt ½ cup	2. Add onions and granulated garlic powder to ground beef and sauté for 5 minutes or until onions are translucent.
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	3. Add pepper, parsley, tomatoes, tomato paste, water, basil, oregano, marjoram, and thyme. Heat to boiling, uncovered. Remove from heat.
Dried parsley		2 Tbsp		¼ cup	
Canned diced tomatoes, with juice	2 lb 2 oz	1 qt 2 Tbsp (⅓ No. 10 can)	4 lb 4 oz	2 qt ¼ cup (⅓ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		1 qt 2 cups		3 qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		½ tsp		1 tsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	1 lb 6 oz	28 each	2 lb 12 oz	56 each	4. Assemble ingredients in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans.
					For each pan: 1st layer-2 ¼ cups 2 Tbsp sauce 2nd layer-7 uncooked noodles lengthwise 3rd layer-2 ¼ cups sauce 4th layer-3 ⅛ oz (¾ cup 1 ½ tsp) process American cheese and 4 ¾ oz (1 cup 3 Tbsp) mozzarella cheese 5th layer-7 uncooked noodles lengthwise Repeat 3rd and 4th layers

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Reduced fat processed American cheese, shredded	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups
Reduced fat mozzarella cheese, shredded	1 lb 3 oz	1 qt ¾ cup	2 lb 6 oz	2 qt 1 ½ cups
				5. Tightly cover pans.
				6. Bake: Conventional oven: 350° F for 1 ¼ - 1 ½ hours Convection oven: 325° F for 45 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
				7. Remove pans from oven. Uncover. Let stand for 15 minutes.
				8. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ¾ cup of vegetable, and the equivalent of ½ slice of bread.

YIELD:

32 Servings: about 11 lb 6 oz
64 Servings: about 22 lb 12 oz

VOLUME:

32 Servings: 2 pans
64 Servings: 4 pans

Tested 2004

Meat Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Nutrients Per Serving					
Calories	211	Saturated Fat	3.67 g	Iron	2.02 mg
Protein	15.51 g	Cholesterol	27 mg	Calcium	237 mg
Carbohydrate	22.28 g	Vitamin A	705 IU	Sodium	316 mg
Total Fat	6.83 g	Vitamin C	12.7 mg	Dietary Fiber	2.2 g

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine macaroni and sauce. Mix well. Place 5 lb 6 oz (2 qt 2 ¾ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes 7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	
Worcestershire sauce		1 tsp		2 tsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
Parmesan cheese, grated	2 oz	½ cup	4 oz	1 cup	
Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	

Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-20

Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 135° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:

1 piece provides 1 ½ oz of cheese and the equivalent of 1 ½ slices of bread.

YIELD:

24 Servings: 11 lb 4 oz
48 Servings: 22 lb 8 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Tested 2004

Nutrients Per Serving					
Calories	359	Saturated Fat	7.04 g	Iron	1.65 mg
Protein	19.95 g	Cholesterol	28 mg	Calcium	534 mg
Carbohydrate	34.24 g	Vitamin A	847 IU	Sodium	719 mg
Total Fat	15.56 g	Vitamin C	1.1 mg	Dietary Fiber	1.6 g

Macaroni and Cheese with Ham

Meat Alternate-Grains/Breads

Main Dishes

D-20A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched elbow macaroni	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	1. Cook macaroni in boiling water until firm-tender, 8 minutes. Drain well. 2. Melt margarine or butter in a stock pot or sauce pan. 3. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the margarine or butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Salt		2 ½ tsp		1 Tbsp 2 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Paprika		1 ½ tsp		1 Tbsp	
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 qt 2 cups		1 gal 1 qt	4. In a stock pot or sauce pan, heat milk to a simmer. Slowly add heated milk to the flour mixture, stirring continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, ham, shredded Cheddar cheese, and grated Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Worcestershire sauce		1 tsp		2 tsp	
Cooked ham, water added, diced	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Parmesan cheese, grated	3 oz	¾ cup	6 oz	1 ½ cups	
					6. Combine macaroni and sauce. Mix well. Place 5 lb 7 ½ oz (2 qt 3 ¼ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with lid or foil. Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes

Macaroni and Cheese with Ham

Meat Alternate-Grains/Breads

Main Dishes

D-20A

Enriched soft bread crumbs	3 oz	1 cup	6 oz	2 cups	7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 5 ½ oz (1 ½ cups) over each pan.
Reduced fat Cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	8. Bake an additional 5 minutes, uncovered, until lightly browned. CCP: Heat to 165° F or higher for 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 ½ slices of bread.

YIELD:

24 Servings: 11 lb 7 oz
48 Servings: 22 lb 14 oz

VOLUME:

24 Servings: 2 pans
48 Servings: 4 pans

Edited 2004

Nutrients Per Serving

Calories	337	Saturated Fat	5.71 g	Iron	1.80 mg
Protein	18.58 g	Cholesterol	27 mg	Calcium	496 mg
Carbohydrate	34.11 g	Vitamin A	760 IU	Sodium	771 mg
Total Fat	13.74 g	Vitamin C	1.1 mg	Dietary Fiber	1.6 g

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	2 lb 9 oz		5 lb 2 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	⅓ cup OR 3 Tbsp	5 oz	⅔ cup OR ¼ cup 2 Tbsp	2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 30 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅔ No. 2-½ can plus 2 ½ Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 4 oz	1 qt 1 cup	2 lb 8 oz	2 qt 2 cups	3. Combine shredded cheese with meat mixture.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with heaping No. 12 scoop (⅓ cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21

					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					9. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice bread.	25 Servings: 25 burritos 50 Servings: 50 burritos	25 Servings: 2 pans 50 Servings: 4 pans

Edited 2004

Nutrients Per Serving					
Calories	273	Saturated Fat	5.76 g	Iron	2.62 mg
Protein	18.82 g	Cholesterol	43 mg	Calcium	264 mg
Carbohydrate	21.34 g	Vitamin A	800 IU	Sodium	351 mg
Total Fat	12.46 g	Vitamin C	9.7 mg	Dietary Fiber	2.0 g

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	1. Combine onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Simmer for 15 minutes. 2. Using a mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with pureed beans. 3. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding. 4. Portion bean mixture with No. 8 scoop (½ cup) onto each tortilla. Fold around beans envelope style. 5. Place folded burritos seam side down on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	3 lb 8 oz OR 3 lb 8 oz	2 qt 2 Tbsp (⅞ No. 10 can) OR 1 qt 3 ¾ cups	7 lb OR 7 lb	1 gal ¼ cup (1 ¾ No. 10 cans) OR 3 qt 3 ½ cups	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¾ cups	3 lb 3 oz	3 qt 3 ½ cups	
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

					6. CCP: Heat to 165° F or higher for at least 15 seconds. Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	13 oz	3 ¾ cups	7. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					8. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Pinto beans, dry	1 lb 8 oz	3 lb

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 25 burritos 50 Servings: 50 burritos	25 Servings: 2 pans 50 Servings: 4 pans

Edited 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-21A

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ³/₈ cups dry or 5 ¹/₄ cups cooked pinto beans.

Nutrients Per Serving					
Calories	253	Saturated Fat	3.98 g	Iron	2.85 mg
Protein	15.11 g	Cholesterol	16 mg	Calcium	342 mg
Carbohydrate	31.24 g	Vitamin A	846 IU	Sodium	631 mg
Total Fat	7.95 g	Vitamin C	10.1 mg	Dietary Fiber	4.2 g

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	2. Add onions and green peppers to ground beef and sauté for 5 minutes or until onions are translucent.
*Fresh green pepper, chopped	4 ½ oz	¾ cup 2 Tbsp	9 oz	1 ¾ cups	
Beef stock, non-MSG or water		1 qt 1 ¾ cups		2 qt 3 ½ cups	3. Add beef stock or water, tomatoes, tomato paste, chili powder, ground cumin, paprika, and onion powder. Bring to boil.
Canned diced tomatoes	15 oz	1 ¾ cups 1 Tbsp	1 lb 14 oz	3 ½ cups 2 Tbsp	
Canned tomato paste	7 oz	1 ½ cups 1 Tbsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 5 oz OR 1 lb 6 oz		2 lb 10 oz OR 2 lb 12 oz		4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Green pepper	6 oz	12 oz

Ground Beef and Spanish Rice

Meat-Vegetable-Grains/Breads

Main Dishes

D-22

SERVING:

$\frac{3}{8}$ cup (No. 6 scoop) provides 1 $\frac{1}{2}$ oz of cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{3}{4}$ slice of bread.

YIELD:

25 Servings: 8 lb 4 $\frac{1}{2}$ oz
50 Servings: 16 lb 9 oz

VOLUME:

25 Servings: 1 gallon $\frac{1}{2}$ cup
50 Servings: 2 gallons 1 cup

Tested 2004

Nutrients Per Serving

Calories	217	Saturated Fat	3.32 g	Iron	2.47 mg
Protein	14.03 g	Cholesterol	38 mg	Calcium	32 mg
Carbohydrate	21.81 g	Vitamin A	470 IU	Sodium	107 mg
Total Fat	7.89 g	Vitamin C	10.5 mg	Dietary Fiber	1.1 g

Pizza With Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough (A-17) in half sheet pans (18" x 13" x 1")		2 pans		4 pans	1. For pizza crust, use Pizza Crust recipe (see A-17).
Raw ground beef (no more than 20% fat)	1 lb 12 oz		3 lb 8 oz		2. Pizza topping: Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	3. Add onions and granulated garlic to ground beef and sauté for 5 minutes or until onions are translucent.
Granulated garlic		1 tsp		2 ¼ tsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	4. Add pepper, tomato paste, water, basil, oregano, marjoram, and thyme. Simmer for 15 minutes. CCP: Heat to 155° F or higher for 15 seconds.
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		1 qt		2 qt	
Dried basil		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried oregano		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried marjoram		1 Tbsp 1 ½ tsp		3 Tbsp	
Dried thyme		¾ tsp		1 ½ tsp	
Reduced fat mozzarella cheese, shredded	2 lb	2 qt	4 lb	1 gal	5. Sprinkle 8 oz (2 cups) shredded cheese evenly over topping in each pan.
					6. Spread 2 lb 1 ⅛ oz (3 cups 1 ½ tsp) beef mixture over cheese in each pan.
					7. Sprinkle 8 oz (2 cups) shredded cheese evenly over topping in each pan.
					8. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes

Pizza With Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

9. CCP: Hold for hot service at 135° F or higher.

Portion each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Mature onions	3 oz	6 oz

SERVING:

1 piece provides the equivalent of 1 ½ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 ½ slices of bread.

YIELD:

32 Servings: 32 pieces
64 Servings: 64 pieces

VOLUME:

32 Servings: 2 pans
64 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	234	Saturated Fat	3.54 g	Iron	2.43 mg
Protein	16.13 g	Cholesterol	26 mg	Calcium	232 mg
Carbohydrate	24.47 g	Vitamin A	462 IU	Sodium	228 mg
Total Fat	7.76 g	Vitamin C	7.5 mg	Dietary Fiber	1.7 g

Pizza With Cheese Topping

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23A

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough (A-17) in half sheet pans (18" x 13" x 1")		2 pans		4 pans	1. For pizza crust, use Pizza Crust recipe (see A-17).
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	2. Combine onions, granulated garlic, pepper, tomato paste, salt, water, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
Granulated garlic		1 ¼ tsp		2 ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Salt		1 tsp		2 tsp	
Water		3 ½ cups		1 qt 3 cups	
Dried basil		1 tsp		2 tsp	
Dried oregano		1 tsp		2 tsp	
Dried marjoram		¼ tsp		½ tsp	
Dried thyme		¼ tsp		½ tsp	
Reduced fat mozzarella cheese, shredded	3 lb 2 oz	3 qt 1 ½ cups	6 lb 4 oz	1 gal 2 ¼ qt	4. Sprinkle 12 ½ oz (3 cups 2 Tbsp) shredded cheese evenly over each pizza crust.
					5. Spread 3 cups 1 ½ tsp of tomato mixture over each pan.
					6. Sprinkle 12 ½ oz (3 cups 2 Tbsp) shredded cheese evenly over topping in each pan.
					7. Bake until crust is lightly browned: Conventional oven: 450° F for 15-18 minutes Convection oven: 425° F for 15 minutes
					8. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

Pizza With Cheese Topping

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
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Mature onions	3 oz	6 oz
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SERVING:

1 piece provides 1 ½ oz of cheese, ⅛ cup of vegetable, and the equivalent of 1 ½ slices of bread.

YIELD:

32 Servings: 32 pieces

64 Servings: 64 pieces

VOLUME:

32 Servings: 2 pans

64 Servings: 4 pans

Tested 2004

Nutrients Per Serving

Calories	219	Saturated Fat	3.25 g	Iron	1.73 mg
Protein	15.50 g	Cholesterol	15 mg	Calcium	336 mg
Carbohydrate	24.72 g	Vitamin A	492 IU	Sodium	368 mg
Total Fat	6.26 g	Vitamin C	7.3 mg	Dietary Fiber	1.5 g

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more the 20% fat) OR Raw ground pork (no more than 20%)	3 lb 3 oz OR 3 lb 3 oz		6 lb 6 oz OR 6 lb 6 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
					2. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 155° F for at least 15 seconds.
Granulated garlic		2 ¼ tsp		1 Tbsp ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
					3. CCP: Hold for hot service at 135° F or higher.
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	4. Topping: Reserve cheese for step 5. Combine tomatoes and lettuce. Toss lightly and reserve for step 5.
*Fresh tomatoes, chopped	10 ½ oz	1 ¼ cups 3 Tbsp	1 lb 5 oz	2 ¾ cups 2 Tbsp	
*Fresh lettuce, shredded	1 lb 3 ½ oz	2 qt 1 cup	2 lb 7 oz	1 gal 2 cups	

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	<p>5. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each plate serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese.</p> <p>OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and $\frac{1}{2}$ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer meat mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, 2 No. 30 scoops ($\frac{1}{4}$ cup $\frac{1}{2}$ tsp) meat mixture, 1 pre-portioned soufflé cup of lettuce-tomato mixture, and 1 pre-portioned soufflé cup of shredded cheese. Instruct children to "build" their own tacos.</p>
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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 tacos provide the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread.	<p>25 Servings: about 3 lb 10 oz (filling) about 7 lb 13 oz</p> <p>50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz</p>	<p>25 Servings: 1 quart $2 \frac{3}{8}$ cups (filling) 50 tacos</p> <p>50 Servings: 3 quarts $1 \frac{1}{8}$ cups (filling) 100 tacos</p>

Tested 2004

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24

Nutrients Per Serving

Calories	299	Saturated Fat	5.80 g	Iron	2.43 mg
Protein	18.26 g	Cholesterol	46 mg	Calcium	200 mg
Carbohydrate	20.36 g	Vitamin A	600 IU	Sodium	254 mg
Total Fat	16.36 g	Vitamin C	8.2 mg	Dietary Fiber	3.0 g

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see preparation note)	4 lb 3 ½ oz OR 4 lb 3 ½ oz	2 qt 1 ½ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	1. In a stockpot, cover beans with water and heat. 2. Drain beans. Puree beans to a smooth consistency.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
					3. Add onions, granulated garlic, pepper, tomato paste, water, chili powder, cumin, paprika, and onion powder to beans. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. CCP: Heat to 165° F for at least 15 seconds.
Granulated garlic		2 ¼ tsp		1 Tbsp ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 cups		1 qt	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
					4. CCP: Hold for hot service at 135° F or higher.
Reduced fat Cheddar cheese, shredded	13 ½ oz	3 ¾ cups	1 lb 11 oz	1 qt 2 ¾ cups	5. Topping: Reserve cheese for step 6. Combine tomatoes and lettuce. Toss lightly and reserve for step 6.
*Fresh tomatoes, diced	10 ½ oz	1 ¼ cups 3 Tbsp	1 lb 5 oz	2 ¾ cups 2 Tbsp	
*Fresh lettuce, shredded	1 lb 3 ½ oz	2 qt 1 cup	2 lb 7 oz	1 gal 1 qt	

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

Enriched taco shells (at least 0.45 oz each)	50 each	100 each	<p>6. Portion is 2 tacos.</p> <p>Serving suggestions:</p> <p>A. Before serving, fill each taco shell with No. 20 scoop (about 3 Tbsp) bean mixture. On each plate, serve 2 tacos, No. 10 scoop ($\frac{3}{8}$ cup) lettuce and tomato mixture, and No. 30 scoop (2 Tbsp) shredded cheese.</p> <p style="text-align: center;">OR</p> <p>B1. Pre-portion No. 10 scoop ($\frac{3}{8}$ cup) lettuce-tomato mixture and No. 30 scoop (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.</p> <p>B2. Transfer bean mixture and taco shells to steamtable pans or place on tables. For each child, serve 2 unfilled taco shells, No. 10 scoop ($\frac{3}{8}$ cup) bean mixture, with pre portioned lettuce and tomato mixture, and pre portioned cheese. Instruct children to "build" their own tacos.</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Pinto beans, dry	1 lb 13 oz	3 lb 10 oz
Mature onions	3 oz	6 oz
Tomatoes	12 oz	1 lb 8 oz
Head lettuce	1 lb 10 oz	3 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 tacos provides the equivalent of 2 oz of cooked lean meat, $\frac{1}{2}$ cup of vegetable, and the equivalent of 1 slice of bread.	<p>25 Servings: 5 lb 9 $\frac{1}{2}$ oz (filling) about 9 lb 13 oz</p> <p>50 Servings 11 lb 3 oz (filling) about 19 lb 10 oz</p>	<p>25 Servings: 2 quarts 2 cups (filling) 50 tacos</p> <p>50 Servings 1 gallon 1 quart (filling) 100 tacos</p>

Edited 2004

Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-24A

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 $\frac{3}{4}$ qt water and $\frac{1}{2}$ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	251	Saturated Fat	2.75 g	Iron	2.67 mg
Protein	11.52 g	Cholesterol	9 mg	Calcium	231 mg
Carbohydrate	32.11 g	Vitamin A	605 IU	Sodium	540 mg
Total Fat	9.41 g	Vitamin C	8.6 mg	Dietary Fiber	5.7 g

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 8 oz		7 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	2. Add onions, granulated garlic, green pepper (optional), black pepper, chili powder, paprika, onion powder, and cumin. Cook for 5 minutes.
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	4 oz	¾ cup	8 oz	1 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Chili powder		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Ground cumin		1 Tbsp		2 Tbsp	
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	3. Stir in tomatoes, water, and tomato paste. Mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		1 qt ½ cup		2 qt 1 cup	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Canned pinto or kidney beans, drained stock reserved OR *Cooked dry pinto or kidney beans, drained (see preparation note)	1 lb 11 oz OR 1 lb ½ oz	3 cups OR 2 ¾ cups	3 lb 6 oz OR 2 lb 1 oz	1 qt 2 cups OR 1 qt 1 ½ cups	4. Stir in beans. Cover and simmer. Stir occasionally. CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour into serving pans or bowls.

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Reduced fat Cheddar cheese, shredded (optional)

12 oz

3 ½ cups

1 lb 8 oz

1 qt 3 cups

6. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup). Garnish with cheese (optional).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	9 oz	1 lb 2 oz
Green peppers	5 oz	10 oz
Pinto beans, dry OR Kidney beans, dry	9 oz OR 7 oz	1 lb 2 oz OR 14 oz

SERVING:

½ cup (4 oz ladle) provides 2 oz of cooked lean meat and ⅔ cup of vegetable.

YIELD:

25 Servings: 8 lb 4 oz

50 Servings: 17 lb

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: 1 ½ gallons 1 cup

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chili Con Carne

Meat/Meat Alternate-Vegetable

Main Dishes

D-25

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 $\frac{3}{8}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

1 lb dry kidney beans=about 2 $\frac{1}{2}$ cups dry or 6 $\frac{1}{4}$ cups cooked pinto beans.

Nutrients Per Serving					
Calories	179	Saturated Fat	3.56 g	Iron	2.50 mg
Protein	15.40 g	Cholesterol	42 mg	Calcium	43 mg
Carbohydrate	10.64 g	Vitamin A	809 IU	Sodium	204 mg
Total Fat	8.51 g	Vitamin C	14.5 mg	Dietary Fiber	2.4 g

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		¼ cup	1. Heat oil in a heavy pot.
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 2 oz	1 ¾ cups OR ½ cup	1 lb 4 oz OR 4 oz	3 ½ cups OR 1 cup	2. Add the chopped onions and sauté 3 minutes, until onions are translucent.
*Fresh green peppers, chopped OR Frozen green peppers	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups 2 Tbsp OR 2 cups	3. Add chopped green peppers and sauté 2 minutes, until tender.
Chili powder		¼ cup 2 Tbsp	3 oz	¾ cup	4. Add chili powder, cumin, granulated garlic, onion powder, red hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin		2 Tbsp		¼ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion powder		1 tsp		2 tsp	
Red hot sauce (optional)		2 Tbsp		¼ cup	
Brown sugar, packed	2 oz	¼ cup	4 oz	½ cup	
Canned crushed tomatoes	3 lb 3 oz	1 qt 2 cups (½ No. 10 can)	6 lb 6 oz	3 qt (1 No. 10 can)	
Canned diced tomatoes in juice, drained	9 ¼ oz	1 cup 1 Tbsp (½ No 2-½ can)	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No 2-½ can)	
Canned kidney beans, drained	2 lb 12 ½ oz	1 qt 2 ¾ cups (⅝ No. 10 can)	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	5. Add kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur wheat	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Water		2 cups		1 qt	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	6. Add yogurt and stir to blend.
					CCP: Heat to 135° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher.
					Portion with 6 oz ladle (¾ cup)
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	8. Sprinkle 1/4 cup of cheddar cheese on top of each serving.

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-26

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Green peppers	7 oz	14 oz

SERVING:

$\frac{3}{4}$ cup (6 oz ladle) provides the equivalent of 2 oz of cooked lean meat, $\frac{3}{8}$ cup of vegetable, and the equivalent of $\frac{1}{4}$ slice of bread.

YIELD:

25 Servings: 10 lb 3 oz
50 Servings: 20 lb 6 oz

VOLUME:

25 Servings: 1 gallon 2 $\frac{3}{4}$ cups
50 Servings: 2 gallons 1 $\frac{1}{2}$ quarts

Tested 2004

Special Tip:

This can be used as a filling in Tacos (D-24), Taco Salad (E-13), or Burritos (D-21).

Nutrients Per Serving

Calories	222	Saturated Fat	3.75 g	Iron	2.36 mg
Protein	14.57 g	Cholesterol	17 mg	Calcium	333 mg
Carbohydrate	26.98 g	Vitamin A	1297 IU	Sodium	609 mg
Total Fat	7.46 g	Vitamin C	17.4 mg	Dietary Fiber	6.4 g

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		2 gal 1 qt		4 gal 2 qt	1. Add salt to boiling water.
Salt	2 oz	3 Tbsp ½ tsp	4 oz	¼ cup 2 ⅓ Tbsp	
Enriched lasagna noodles	1 lb 6 oz	28 each	2 lb 12 oz	56 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes or until tender. Drain.
Vegetable oil		2 Tbsp		¼ cup	3. In a pan, heat the vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes or until tender. Stir in flour and cook for 3 minutes. Remove from heat and reserve for step 6.
*Fresh zucchini, sliced	8 oz	2 cups	1 lb	1 qt	
*Fresh mushrooms, sliced OR Canned mushrooms, sliced, drained	6 oz OR 4 oz	1 ¼ cups 1 Tbsp OR ¾ cup	12 oz OR 8 oz	2 ½ cups 2 Tbsp OR 1 ½ cups	
*Fresh onions, chopped	4 ½ oz	¾ cup	9 oz	1 ½ cups	
Enriched all-purpose flour		¼ cup	2 oz	½ cup	
Frozen broccoli chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	4. Place broccoli in a steam basket or microwave and cook for 6 minutes or until tender. Drain well and reserve for step 6.
Canned tomato sauce	4 lb 2 oz	2 qt (⁵ / ₈ No. 10 can)	8 lb 4 oz	1 gal (1 ¼ No. 10 can)	5. In a heavy kettle, heat the tomato sauce and tomato paste. Add the granulated garlic and oregano. Simmer, uncovered, for 30 minutes.
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⁷ / ₈ No. 2-½ can plus 2 ½ Tbsp)	
Granulated garlic		⁷ / ₈ tsp		1 ¾ tsp	6. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Dried oregano		3 Tbsp		¼ cup 2 Tbsp	
Reduced fat cottage cheese, drained	4 lb	2 qt	8 lb	1 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well. Reserve for step 9.
Dried parsley		2 Tbsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Enriched dry bread crumbs	4 oz	1 cup 1 Tbsp	8 oz	2 cups 2 Tbsp	

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Parmesan cheese, grated		¼ cup 2 Tbsp	2 oz	¾ cup	8. Combine Parmesan cheese and mozzarella cheese.
Reduced fat mozzarella cheese, shredded	15 oz	3 ¾ cups	1 lb 14 oz	1 qt 3 ½ cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 32 servings, use 2 pans. For 64 servings, use 4 pans. Assembly: First layer: a. 4 ⅔ lasagna noodles b. 2 ¼ cups cottage cheese mixture c. 2 cups vegetable sauce d. 1 cup 1 ½ tsp Parmesan-mozzarella cheese mixture Second layer: Repeat first layer. Third layer: e. 4 ⅔ lasagna noodles f. 1 ¼ cups vegetable sauce
Parmesan cheese, grated	2 oz	¾ cup	4 oz	1 ½ cups	10. Sprinkle 1 oz of Parmesan cheese over each pan of lasagna. Cover. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 325° F for 40 minutes CCP: Heat to 165° F or higher for 15 seconds.
					11. Remove from oven and allow to set for 15 minutes before serving.
					12. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 4 (16 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	32 Servings	64 Servings
Zucchini	9 oz	1 lb 2 oz
Mushrooms	7 oz	14 oz

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-27

Mature onions	6 oz	12 oz
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SERVING:

1 piece provides 1 ½ oz of cheese, ½ cup of vegetable, and the equivalent of ¾ slice of bread.

YIELD:

32 Servings 12 lb 14 oz
64 Servings 25 lb 12 oz

VOLUME:

32 Servings 2 pans
64 Servings 4 pans

Tested 2004

Nutrients Per Serving

Calories	219	Saturated Fat	2.03 g	Iron	2.27 mg
Protein	16.77 g	Cholesterol	9 mg	Calcium	211 mg
Carbohydrate	28.86 g	Vitamin A	1365 IU	Sodium	795 mg
Total Fat	4.44 g	Vitamin C	22.8 mg	Dietary Fiber	3.3 g

Meat Loaf

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup (½ 12 oz can)	1. In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, chopped OR Dehydrated onions	4 ½ oz	¾ cup OR 3 Tbsp	9 oz	1 ½ cups OR ¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					3. Into each pan (9" x 13" x 2"), place 5 lb 2 ¼ oz (2 qt 2 cups) of meat mixture. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. Press mixture into pans. Smooth top.

Meat Loaf

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-28

	<p>5. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes)</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds.</p> <p>OR</p> <p>If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>6. Drain fat from pans. Let meat loaf stand 20 minutes.</p>
	<p>7. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	<p>25 Servings: 4 lb 5 oz</p> <p>58 Servings: 8 lb 10 oz</p>	<p>25 Servings: 1 pan 25 pieces</p> <p>58 Servings: 2 pans 50 pieces</p>

Tested 2004

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Meat Loaf

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-28

Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup	1. In a mixer with paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk. Mix for 2 minutes on medium speed.
Water		½ cup		1 cup	
Beef stock, non-MSG		1 cup		2 cups	
Frozen whole eggs, thawed OR Fresh large eggs	4 oz	½ cup OR 3 each	8 oz	1 cup OR 5 each	
Rolled oats	8 oz	3 cups	1 lb	1 qt 2 cups	
Instant nonfat dry milk		¼ cup 3 Tbsp	2 ¼ oz	¾ cup 2 Tbsp	
Raw ground beef (no more than 20% fat)	3 lb 15 oz		7 lb 14 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, and thyme. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, chopped OR Dehydrated onions	4 ½ oz	¾ cup OR 3 Tbsp	9 oz	1 ½ cups OR ¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Dried basil		¼ tsp		½ tsp	
Dried oregano		¼ tsp		½ tsp	
Dried marjoram		⅛ tsp		¼ tsp	
Dried thyme		⅛ tsp		¼ tsp	
					3. Portion meatballs with level No. 20 scoop in rows 5 across and 5 down in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

	<p>4. Bake: Conventional oven: 325° F (1 hour) Convection oven: 275° F (50 minutes)</p> <p>CCP: Heat to 155° F or higher for at least 15 seconds. OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	5. Drain fat from pans.
	6. CCP: Hold for hot service at 135° F or higher. Portion is 2 meat balls.

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
2 meatballs provide the equivalent of 2 oz of cooked lean meat, 1/8 cup of vegetable and the equivalent of 1/2 slice of bread.	25 Servings: 4 lb 4 oz	25 Servings: 2 quarts 2 cups (uncooked) (50 meatballs)
	50 Servings: 8 lb 8 oz	50 Servings: 1 gallon 1 quart (uncooked) (100 meatballs)

Tested 2004

Special Tip:
 Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28A

Nutrients Per Serving

Calories	198	Saturated Fat	4.22 g	Iron	2.16 mg
Protein	17.12 g	Cholesterol	67 mg	Calcium	45 mg
Carbohydrate	8.40 g	Vitamin A	166 IU	Sodium	76 mg
Total Fat	10.32 g	Vitamin C	2.8 mg	Dietary Fiber	1.3 g

Oven-Bake Chicken

Meat

Main Dishes

D-29

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces)	12 lb 4 oz		24 lb 8 oz		1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
Vegetable oil		¾ cup		1 ½ cups	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
Instant nonfat dry milk	4 oz	1 ½ cups 2 Tbsp	8 oz	3 ¼ cups	
Poultry seasoning		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Paprika		¾ tsp		1 ½ tsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
					3. Coat oiled chicken with seasoned flour. Place 12-13 pieces on ungreased half-sheet pans (13" x 18" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					4. Bake until golden brown: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. CCP: Hold for hot service at 135° F or higher. Portion is 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back.

Serving bone-in poultry presents a choking hazard for young children, especially ages 2-3. To avoid children choking on bones, remove the cooked poultry from the bones prior to serving.

Oven-Bake Chicken

Meat

Main Dishes

D-29

SERVING:

1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of ½ slice of bread.

YIELD:

25 Servings: 10 lb 10 ½ oz
50 Servings: 21 lb 5 oz

VOLUME:

25 Servings: 2 pans
50 Servings: 4 pans

Edited 2004

Nutrients Per Serving

Calories	343	Saturated Fat	4.66 g	Iron	1.77 mg
Protein	29.31 g	Cholesterol	87 mg	Calcium	74 mg
Carbohydrate	9.68 g	Vitamin A	307 IU	Sodium	105 mg
Total Fat	19.99 g	Vitamin C	0.4 mg	Dietary Fiber	0.3 g

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground turkey OR Raw diced chicken	2 lb 6 oz OR 2 lb 6 oz		4 lb 12 oz OR 4 lb 12 oz		1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10-15 minutes. Stir occasionally. Drain.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Water		3 cups		1 qt 2 cups	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		2 Tbsp		¼ cup	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Coriander (optional)		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 9 ½ oz	1 qt 3 ¼ cups	3 lb 3 oz	3 qt 2 ½ cups	3. Stir shredded cheese into turkey or chicken mixture.
Enriched flour tortillas (at least 0.9 oz each)		25 each		50 each	4. Steam tortillas for 3 minutes or until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion turkey or chicken mixture with No. 12 scoop (½ cup) onto each tortilla. Fold tortilla around meat envelope style.
					6. Place folded burrito, seam side down, on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, 12-13 burritos per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded (optional)	7 oz	1 ¾ cups 2 Tbsp	14 oz	3 ¾ cups	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					9. CCP: Hold for hot service at 135° F or higher. Portion is 1 burrito.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 25 burritos	25 Servings: 2 quarts ¼ cup (meat and cheese filling) 2 pans
	50 Servings: 50 burritos	50 Servings: 1 gallon ½ cup (meat and cheese filling) 4 pans

Edited 2004

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Nutrients Per Serving

Calories	270	Saturated Fat	4.94 g	Iron	2.43 mg
Protein	19.55 g	Cholesterol	47 mg	Calcium	321 mg
Carbohydrate	21.63 g	Vitamin A	902 IU	Sodium	539 mg
Total Fat	11.68 g	Vitamin C	9.8 mg	Dietary Fiber	2.0 g

Molded Fruit Salad

Fruit

Salads and Salad Dressings

E-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned crushed pineapple, with juice, chilled	1 lb 10 oz	3 cups (1 1/3 No. 2 cans)	3 lb 4 oz	1 qt 2 cups (2 2/3 No. 2 cans)	1. Drain pineapple and reserve juice for step 3. For 25 servings, reserve 1 cup. For 50 servings, reserve 2 cups. Reserve pineapple for step 5.
Lemon gelatin	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup	
Water, boiling		2 cups		1 qt	2. In a bowl, dissolve gelatin in boiling water. Add reserved pineapple juice, orange juice concentrate, and yogurt. Whisk until smooth.
Reserved pineapple juice		1 cup		2 cups	
Orange juice concentrate		1/4 cup		1/2 cup	3. Freeze mixture for about 30 minutes, until it begins to set. Reserve for step 6.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
*Fresh red or white seedless grapes, halved, chilled	1 lb	2 cups	2 lb	1 qt	4. Place 8 1/4 oz (1 1/4 cups) of crushed pineapple and 8 oz (1 1/4 cups 2 Tbsp) of grape halves in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans.
					5. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
					6. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the fruit in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
					7. Portion with No. 10 scoop (3/8 cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Grapes	1 lb 1 oz	2 lb 2 oz

Molded Fruit Salad

Fruit

Salads and Salad Dressings

E-01

SERVING:

$\frac{3}{8}$ cup (No. 10 scoop) provides $\frac{1}{4}$ cup of fruit.

YIELD:

25 Servings: 5 lb 8 oz

50 Servings: 11 lb

VOLUME:

25 Servings: 2 quarts 2 $\frac{1}{2}$ cups
2 pans

50 Servings: 1 gallon 1 $\frac{1}{4}$ quarts
4 pans

Edited 2004

Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh grapes, and substituting equal volumes of canned Mandarin oranges, canned diced peaches, and juice for canned pineapple and juice.

Nutrients Per Serving

Calories	99	Saturated Fat	0.23 g	Iron	0.18 mg
Protein	2.44 g	Cholesterol	1 mg	Calcium	46 mg
Carbohydrate	22.58 g	Vitamin A	51 IU	Sodium	50 mg
Total Fat	0.41 g	Vitamin C	7.6 mg	Dietary Fiber	0.4 g

Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lemon gelatin	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	1. In a bowl, dissolve gelatin in boiling water.
Water, boiling		3 cups		1 qt 2 cups	
Lemon juice		¼ cup		½ cup	2. Add lemon juice and yogurt. Whisk until smooth.
Lowfat plain yogurt	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
					3. Freeze mixture for about 30 minutes, until it begins to set.
*Fresh cabbage, shredded	1 lb	1 qt 2 ⅔ cups	2 lb	3 qt 1 ½ cups	4. Place 8 oz (3 ⅓ cups) of shredded cabbage, 7 oz (1 ¼ cups 2 Tbsp) chopped celery, 2 Tbsp chopped green pepper, and 1 Tbsp pimiento in each 3 qt gelatin mold or baking pan (9" x 13" x 2"). For 25 servings, use 2 molds or pans. For 50 servings, use 4 molds or pans.
*Fresh celery, chopped	14 oz	2 ¾ cups	1 lb 12 oz	1 qt 1 ½ cups	
*Fresh green pepper, chopped		¼ cup	2 ¾ oz	½ cup	
Canned pimiento, chopped, drained		2 Tbsp		¼ cup	
					4. In a mixing bowl, use the whip attachment on medium speed to beat the gelatin mixture for 5 minutes, until fluffy.
					5. Pour 1 lb 12 oz (1 qt) of whipped gelatin over the vegetables in each mold and stir gently to blend. Refrigerate until set, at least 2 hours.
					6. Portion with No. 6 scoop (⅔ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	1 lb 3 oz	2 lb 6 oz
Celery	1 lb 1 oz	2 lb 2 oz
Green peppers	2 oz	4 oz

Molded Vegetable Salad

Vegetable

Salads and Salad Dressings

E-01A

SERVING:

$\frac{2}{3}$ cup (No. 6 scoop) provides $\frac{1}{4}$ cup of vegetable.

YIELD:

25 Servings: 5 lb 8 oz

50 Servings: 11 lb

VOLUME:

25 Servings: 1 gallon 1 cup
2 pans

50 Servings: 2 gallons 2 cups
4 pans

Edited 2004

Special Tip:

This salad may also be prepared substituting equal volumes of fresh diced apples or fresh grated carrots for fresh cabbage, celery, or pepper.

Nutrients Per Serving

Calories	73	Saturated Fat	0.22 g	Iron	0.24 mg
Protein	2.55 g	Cholesterol	1 mg	Calcium	54 mg
Carbohydrate	15.62 g	Vitamin A	95 IU	Sodium	67 mg
Total Fat	0.40 g	Vitamin C	9.9 mg	Dietary Fiber	0.7 g

Rice Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular	10 oz OR 13 ½ oz	1 ½ cups OR 2 cups 2 Tbsp	1 lb 4 oz OR 1 lb 11 oz	3 cups OR 1 qt ¼ cup	1. Combine rice, water, and salt in a pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover.
Water		3 ¼ cups		1 qt 2 ½ cups	
Salt		1 tsp		2 tsp	2. Bake: Conventional oven: 350° F for 25 minutes
Tomato juice		¾ cup		1 ½ cups	
White vinegar		1 Tbsp 1 ½ tsp		3 Tbsp	3. Dressing: In a mixing bowl, whisk together tomato juice, vinegar, vegetable oil, granulated garlic, dry mustard, oregano, parsley, and pepper. 4. Place hot rice in a mixing bowl. Pour dressing over top and toss to thoroughly coat rice. Cover with plastic wrap and refrigerate for 1 hour.
Vegetable oil		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
Dried oregano		1 tsp		2 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
*Fresh carrots, shredded	6 oz	1 ¾ cups	12 oz	3 ½ cups	
*Fresh tomatoes, ¼" diced	3 oz	½ cup	6 oz	1 cup	
*Fresh cucumber, peeled, seeded, ¼" diced	3 oz	½ cup 2 Tbsp	6 oz	1 ¼ cups	
Frozen mixed vegetables, thawed, drained	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
					5. To the rice, add carrots, tomatoes, cucumbers, mixed vegetables, and beans. Stir to combine.

Rice Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-02

Canned garbanzo beans, drained	7 ¼ oz	1 ⅞ cups (¾ No. 300 can)	14 ½ oz	2 ¼ cups (1 ½ No. 300 cans)	6. Spread 2 lb 7 oz (approximately 1 qt 2 Tbsp) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to serve.
7. Portion with No. 12 scoop (⅓ cup).					

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	8 oz	1 lb
Tomatoes	4 oz	8 oz
Cucumbers	4 oz	8 oz

SERVING:

⅓ cup (No. 12 scoop) provides ¼ cup of vegetable and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 4 lb 14 oz

50 Servings: 9 lb 12 oz

VOLUME:

25 Servings: 2 quarts ¼ cup

50 Servings: 1 gallon ½ cup

Tested 2004

Nutrients Per Serving

Calories	75	Saturated Fat	0.13 g	Iron	0.93 mg
Protein	1.91 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	15.12 g	Vitamin A	2684 IU	Sodium	128 mg
Total Fat	0.83 g	Vitamin C	4.5 mg	Dietary Fiber	1.4 g

Submarine Sandwich Dressing

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	1. In a pot, dissolve cornstarch in cold water. 2. Add carrots, onions, and celery leaf (optional). Heat to a boil, stirring continuously. Simmer for 3 minutes until thickened.
Water, cold		1 cup		2 cups	
*Fresh carrots, peeled, minced		1/3 cup	2 1/2 oz	2/3 cup	3. Turn off heat and let set for 5 minutes. 4. Add sugar, pepper, parsley, oregano, basil, granulated garlic, and vinegar. Whisk to combine. 5. Slowly whisk oil into dressing. 6. Chill overnight to develop flavor. Refrigerate until ready to serve. 7. Portion with 1 oz ladle (2 Tbsp).
*Fresh onions, chopped OR Dehydrated onions		1/4 cup OR 2 Tbsp	2 1/2 oz	1/4 cup 3 Tbsp OR 1/4 cup	
Celery leaf, minced (optional)		1/4 cup		1/2 cup	
Sugar		1 Tbsp		2 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Dried oregano		1/2 tsp		1 tsp	
Dried basil		1 1/2 tsp		1 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
Cider vinegar		3/4 cup		1 1/2 cups	
Vegetable oil		1 1/2 cups		3 cups	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 oz	4 oz
Mature onions	2 oz	4 oz

Submarine Sandwich Dressing

Salads and Salad Dressings

E-03

SERVING:

2 tablespoons (1 oz ladle).

YIELD:

25 Servings: 1 lb 13 oz

50 Servings: 3 lb 10 oz

VOLUME:

25 Servings: 3 cups 2 Tablespoons

50 Servings: 1 quart 2 ¼ cups

Edited 2004

Special Tip:

Add imitation bacon bits and serve dressing hot over spinach or lettuce.

Nutrients Per Serving

Calories	123	Saturated Fat	1.82 g	Iron	0.16 mg
Protein	0.12 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	1.85 g	Vitamin A	336 IU	Sodium	2 mg
Total Fat	13.10 g	Vitamin C	0.3 mg	Dietary Fiber	0.2 g

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 ½ cups (½ No. 2-½ can)	1 lb 2 oz	3 cups (1 No. 2-½ can)	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional).
Canned wax beans, drained	7 ½ oz	1 ½ cups (½ No. 2-½ can)	15 oz	3 cups (1 No. 2-½ can)	
Canned cut green beans, drained	1 lb 2 ¾ oz	3 ¾ cups (1 ¼ No. 2-½ cans)	2 lb 5 ½ oz	1 qt 3 ½ cups (2 ½ No. 2-½ cans)	3. Dressing: Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix or shake in a jar until well blended.
*Fresh white or red onions, chopped OR Dehydrated onions		¼ cup OR 2 ¼ tsp	3 oz	½ cup OR 1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	3 ¼ oz	½ cup 2 Tbsp	6 ½ oz	1 ¼ cups	4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 2 lb 14 ¼ oz (approximately 1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans. 5. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 6. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
Vegetable oil		½ cup		⅔ cup	
White vinegar		⅓ cup		⅔ cup	
Sugar		1 Tbsp 2 tsp		⅓ cup	
Dried basil		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		½ tsp		1 tsp	

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz
Green pepper (optional)	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 14 ¼ oz	25 Servings: 1 quart 2 ½ cups 1 pan
	50 Servings: 5 lb 12 ½ oz	50 Servings: 3 quarts 1 cup 2 pans

Edited 2004

Nutrients Per Serving					
Calories	47	Saturated Fat	0.42 g	Iron	0.43 mg
Protein	0.92 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	4.60 g	Vitamin A	87 IU	Sodium	110 mg
Total Fat	2.98 g	Vitamin C	1.6 mg	Dietary Fiber	0.9 g

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, coarsely shredded	1 lb 10 oz	1 qt 3 ⅓ cups	3 lb 4 oz	3 qt 3 ⅓ cups	1. Place carrots and raisins in large bowl.
Raisins	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Instant nonfat dry milk, reconstituted		¼ cup		½ cup	2. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	
OR Lowfat mayonnaise	OR 8 oz	OR 1 cup	OR 1 lb	OR 2 cups	
Salt		¼ tsp		½ tsp	
Ground nutmeg (optional)		¼ tsp		½ tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	3. Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 3 lb	25 Servings: 1 quart 2 ½ cups 1 pan
	50 Servings: 6 lb	50 Servings: 3 quarts 1 cup 2 pans

Carrot-Raisin Salad

Vegetable/Fruit

Salads and Salad Dressings

E-05

Edited 2004

Nutrients Per Serving					
Calories	78	Saturated Fat	0.31 g	Iron	0.49 mg
Protein	0.88 g	Cholesterol	4 mg	Calcium	18 mg
Carbohydrate	15.91 g	Vitamin A	8301 IU	Sodium	117 mg
Total Fat	1.84 g	Vitamin C	3.2 mg	Dietary Fiber	1.5 g

Thousand Island Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 6 oz OR 1 lb 6 oz	2 ¾ cups OR 2 ¾ cups	1. Combine salad dressing or mayonnaise and catsup. Blend well.
Catsup	4 ¼ oz	¼ cup 2 Tbsp	8 ½ oz	¾ cup 1 Tbsp	
Sweet pickle relish, undrained		2 Tbsp		¼ cup	2. Add pickle relish, onions, chopped eggs (optional), and pimientos (optional). Mix well.
Dehydrated onions		¾ tsp		1 ½ tsp	3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
Fresh large eggs, hard-cooked, peeled, chilled, finely chopped (optional)		1 each		2 each	4. Stir or shake well before serving. Portion with 1 oz ladle (2 Tbsp).
Canned pimientos, chopped, drained (optional)		1 Tbsp		2 Tbsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint 16 1 oz servings	1 Pint
	1 Quart 32 1 oz servings	1 Quart

Edited 2004

Thousand Island Dressing

Salads and Salad Dressings

E-06

Nutrients Per Serving					
Calories	62	Saturated Fat	0.61 g	Iron	0.19 mg
Protein	0.26 g	Cholesterol	8 mg	Calcium	4 mg
Carbohydrate	7.14 g	Vitamin A	89 IU	Sodium	277 mg
Total Fat	3.74 g	Vitamin C	1.2 mg	Dietary Fiber	0.3 g

Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add salad dressing or mayonnaise. Mix lightly until well blended. Spread 2 lb 12 ¼ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. 2. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until service. 3. Mix lightly before serving. Portion with No. 8 scoop (½ cup).
*Fresh celery, chopped	11 oz	2 ½ cups 2 Tbsp	1 lb 6 oz	1 qt 1 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz	1 cup OR 3 Tbsp	12 oz OR 2 ¼ oz	2 cups OR ½ cup	
Sweet pickle relish, undrained	7 ½ oz	¾ cup 2 Tbsp	15 oz	1 ¾ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dry mustard		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	13 oz OR 13 oz	1 ½ cups 2 Tbsp OR 1 ½ cups 2 Tbsp	1 lb 10 oz OR 1 lb 10 oz	3 ¼ cups OR 3 ¼ cups	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets OR	8 lb 14 oz OR	17 lb 12 oz OR
Turkey, whole, without neck and giblets	6 lb 13 oz	13 lb 10 oz
Celery	14 oz	1 lb 12 oz

Chicken or Turkey Salad

Meat

Salads and Salad Dressings

E-07

Mature onions	7 oz	14 oz
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SERVING:

½ cup (No. 8 scoop) provides 2 oz of cooked poultry.

YIELD:

25 Servings: 5 lb 8 ½ oz

50 Servings: 11 lb 1 oz

VOLUME:

25 Servings: 3 quarts ½ cup
2 pans

50 Servings: 1 gallon 2 ¼ quarts
4 pans

Edited 2004

Special Tip:

Serve on salad greens or in sandwiches.

Nutrients Per Serving

Calories	166	Saturated Fat	1.68 g	Iron	0.96 mg
Protein	17.02 g	Cholesterol	58 mg	Calcium	17 mg
Carbohydrate	7.46 g	Vitamin A	69 IU	Sodium	261 mg
Total Fat	7.29 g	Vitamin C	1.4 mg	Dietary Fiber	0.6 g

Pasta-Vegetable Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 ½ tsp		3 Tbsp	
Enriched pasta spirals OR Enriched pasta shells medium	12 oz OR 1 lb	1 qt 2 Tbsp OR 1 qt 2 ⅞ cups	1 lb 8 oz OR 2 lb	2 qt ¼ cup OR 3 qt ¼ cup	2. Slowly add pasta spirals or shells while stirring constantly until water boils again. Cook for 8-10 minutes. Drain well. Rinse under cold water. Drain well.
Frozen mixed vegetables, thawed and drained OR Canned mixed vegetables, drained	1 lb 7 oz OR 1 lb 2 ½ oz	3 cups OR 3 ¼ cups (1 No. 2-½ can)	2 lb 14 oz OR 2 lb 5 oz	1 qt 2 cups OR 1 qt 2 ½ cups (2 No. 2-½ cans)	3. In a bowl, combine pasta, mixed vegetables, broccoli, pepper, and salt. Shake dressing. Pour over pasta and vegetables. Toss lightly to combine and coat evenly. Spread 2 lb 6 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
Frozen chopped broccoli, thawed and drained	11 oz	1 ½ cups 2 Tbsp	1 lb 6 oz	3 ¼ cups	
Ground black or white pepper		½ tsp		1 tsp	
Salt		½ tsp		1 tsp	
Italian Dressing (see E-17)		1 cup		2 cups	
					4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 8 scoop (½ cup).

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ⅛ cup of vegetable and the equivalent of ½ slice of bread.	25 Servings: 4 lb 12 oz	25 Servings: 3 quarts ½ cup 2 pans
	50 Servings: 9 lb 8 oz	50 Servings: 1 gallon 2 ¼ quarts 4 pans

Tested 2004

Pasta-Vegetable Salad

Vegetable-Grains/Breads

Salads and Salad Dressings

E-08

Nutrients Per Serving

Calories	137	Saturated Fat	1.05 g	Iron	0.95 mg
Protein	3.22 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	16.16 g	Vitamin A	1506 IU	Sodium	137 mg
Total Fat	6.99 g	Vitamin C	11.7 mg	Dietary Fiber	2.1 g

Cole Slaw

Vegetable

Salads and Salad Dressings

E-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cabbage, coarsely chopped	1 lb 13 ½ oz	3 qt	3 lb 11 oz	1 gal 2 qt	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix. 2. Dressing: In a separate bowl, combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar. 3. Pour dressing over vegetables. Mix thoroughly. Spread 2 lb 9 ½ oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
*Fresh carrots, finely shredded	3 oz	¾ cup 2 Tbsp	6 oz	1 ¾ cups	
*Fresh green pepper, chopped (optional)		¼ cup	2 ½ oz	½ cup	
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR Lowfat mayonnaise	OR 7 oz	OR ¾ cup 2 Tbsp	OR 14 oz	OR 1 ¾ cups	
Sugar		1 Tbsp		2 Tbsp	
Celery seed		1 tsp		2 tsp	
Dry mustard		½ tsp		1 tsp	
White vinegar		1 Tbsp		2 Tbsp	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Cabbage	2 lb 2 oz	4 lb 4 oz
Carrots	4 oz	8 oz
Green peppers	2 oz	4 oz

Cole Slaw

Vegetable

Salads and Salad Dressings

E-09

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 2 lb 9 ½ oz

50 Servings: 5 lb 3 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups
1 pan

50 Servings: 3 quarts ½ cup
2 pans

Edited 2004

Special Tips:

1) For best results, shred cabbage and store overnight; add dressing just before serving.

2) If recipe is prepared in advance, the yield will be reduced.

Nutrients Per Serving

Calories	33	Saturated Fat	0.26 g	Iron	0.30 mg
Protein	0.60 g	Cholesterol	3 mg	Calcium	19 mg
Carbohydrate	4.52 g	Vitamin A	1005 IU	Sodium	78 mg
Total Fat	1.63 g	Vitamin C	11.1 mg	Dietary Fiber	1.0 g

Macaroni Salad

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt 5/8 cup	2 lb 10 oz	2 qt 1 1/4 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.
Reduced calorie salad dressing OR Lowfat mayonnaise	12 oz OR 12 oz	1 1/2 cups OR 1 1/2 cups	1 lb 8 oz OR 1 lb 8 oz	3 cups OR 3 cups	
*Fresh carrots, shredded	4 oz	1 1/4 cups	8 oz	2 1/2 cups	4. Add carrots, celery, onions, pickle relish, pepper, dry mustard, salt and paprika. Toss lightly. Spread 1 lb 14 3/4 oz (approximately 1 qt 2 1/4 cups) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh onions, chopped	2 oz	1/3 cup	4 oz	2/3 cup	
Sweet pickle relish, undrained	2 oz	1/4 cup	4 oz	1/2 cup	
Ground black or white pepper		1/2 tsp		1 tsp	
Dry mustard		1 1/2 tsp		1 Tbsp	
Salt		1/2 tsp		1 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
					5. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					6. Garnish with paprika. Portion with No. 8 scoop (1/2 cup).

Macaroni Salad

Grains/Breads

Salads and Salad Dressings

E-10

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:

½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread.

YIELD:

25 Servings: 3 lb 13 ½ oz

50 Servings: 7 lb 11 oz

VOLUME:

25 Servings: 3 quarts ½ cup
2 pans

50 Servings: 1 gallon 2 ¼ quarts
4 pans

Edited 2004

Nutrients Per Serving

Calories	144	Saturated Fat	0.49 g	Iron	1.18 mg
Protein	3.67 g	Cholesterol	6 mg	Calcium	10 mg
Carbohydrate	25.03 g	Vitamin A	1331 IU	Sodium	263 mg
Total Fat	3.10 g	Vitamin C	1.0 mg	Dietary Fiber	1.6 g

Macaroni and Ham Salad

Meat-Grains/Breads

Salads and Salad Dressings

E-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	1. Heat water to rolling boil. Add the salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Enriched elbow macaroni	1 lb 5 oz	1 qt $\frac{5}{8}$ cup	2 lb 10 oz	2 qt 1 $\frac{1}{4}$ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for 10-12 minutes or until tender. Stir occasionally. Drain well. Rinse under cold water. Drain well.
Reduced calorie salad dressing	12 oz	1 $\frac{1}{2}$ cups	1 lb 8 oz	3 cups	3. In a bowl, combine macaroni and salad dressing or mayonnaise. Mix.
OR Lowfat mayonnaise	OR 12 oz	OR 1 $\frac{1}{2}$ cups	OR 1 lb 8 oz	OR 3 cups	
Cooked ham, water added, diced	1 lb 14 $\frac{1}{2}$ oz	1 qt 1 $\frac{3}{4}$ cups	3 lb 13 oz	2 qt 3 $\frac{1}{2}$ cups	4. Add ham, carrots, celery, onions, pickle relish, pepper, dry mustard, salt, and paprika. Toss lightly. Spread 2 lb 13 $\frac{3}{4}$ oz (approximately 2 qt $\frac{1}{4}$ cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh carrots, shredded	4 oz	1 $\frac{1}{4}$ cups	8 oz	2 $\frac{1}{2}$ cups	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh onions, chopped	2 oz	$\frac{1}{3}$ cup	4 oz	$\frac{2}{3}$ cup	
Sweet pickle relish, undrained	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Paprika		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
					5. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
					Cover. Refrigerate until ready to serve.
					6. Garnish with paprika.
					Portion with No. 6 scoop ($\frac{2}{3}$ cup).

Macaroni and Ham Salad

Meat-Grains/Breads

Salads and Salad Dressings

E-10A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	5 oz	10 oz
Celery	5 oz	10 oz
Mature onions	3 oz	6 oz

SERVING:

$\frac{2}{3}$ cup (No. 6 scoop) provides 1 oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

25 Servings: 5 lb 11 $\frac{1}{2}$ oz

50 Servings: 11 lb 7 oz

VOLUME:

25 Servings: 1 gallon $\frac{1}{2}$ cup
2 pans

50 Servings: 2 gallons 1 cup
4 pans

Edited 2004

Nutrients Per Serving

Calories	191	Saturated Fat	0.94 g	Iron	1.64 mg
Protein	9.40 g	Cholesterol	22 mg	Calcium	223 mg
Carbohydrate	25.31 g	Vitamin A	1331 IU	Sodium	677 mg
Total Fat	5.66 g	Vitamin C	1.0 mg	Dietary Fiber	1.5 g

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	8 oz OR 8 oz	1 cup OR 1 cup	1 lb OR 1 lb	2 cups OR 2 cups	1. Dressing: Combine salad dressing or mayonnaise, sugar, vinegar, and milk. Mix well.
Sugar	4 oz	½ cup	8 oz	1 cup	
White vinegar		1 Tbsp		2 Tbsp	
Lowfat 1% milk		1 Tbsp		2 Tbsp	
*Fresh broccoli, chopped	1 lb 1 oz	1 qt 1 ½ cups	2 lb 2 oz	2 qt 3 cups	2. Add dressing to chopped broccoli.
Raisins	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	3. Add raisins, walnuts (optional), and onions (optional) to broccoli mixture. Stir to coat all pieces with dressing. Spread 2 lb 8 oz (approximately 1 qt 2 ¼ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Walnuts, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 3 Tbsp	
Red onions, sliced (optional)		¼ cup	3 oz	½ cup	4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
					5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Broccoli	1 lb 5 oz	2 lb 10 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 2 lb 8 oz	25 Servings: 1 quart 2 ¼ cups 1 pan
	50 Servings: 5 lb	50 Servings: 3 quarts ½ cup 2 pans

Broccoli Salad

Vegetable/Fruit

Salads and Salad Dressings

E-11

Tested 2004

Nutrients Per Serving					
Calories	89	Saturated Fat	0.45 g	Iron	0.45 mg
Protein	1.02 g	Cholesterol	3 mg	Calcium	16 mg
Carbohydrate	16.55 g	Vitamin A	304 IU	Sodium	83 mg
Total Fat	2.74 g	Vitamin C	18.3 mg	Dietary Fiber	1.0 g

Potato Salad

Vegetable

Salads and Salad Dressings

E-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh potatoes, as purchased	4 lb 11 oz		9 lb 6 oz		1. Boil potatoes in water for 30-45 minutes until tender. Cool, peel, and dice into ½" cubes. 2. Add all other ingredients. Mix lightly until well blended. Spread 2 lb 12 ½ oz (approximately 2 qt ¼ cup) into each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.
*Fresh celery, chopped	9 oz	2 cups 2 Tbsp	1 lb 2 oz	1 qt ¼ cup	
*Fresh onions, chopped OR Dehydrated onions	3 ¾ oz	1/2 cup 2 Tbsp OR ¼ cup	7 ½ oz OR 1 ½ oz	1 ¼ cups OR ½ cup	
Sweet pickle relish, undrained	3 oz	½ cup	6 oz	¾ cup	
Fresh large eggs, hard-cooked, peeled, chilled, chopped (optional)		6 each		12 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	13 oz OR 13 oz	1 ½ cups OR 1 ½ cups	1 lb 10 oz OR 1 lb 10 oz	3 cups OR 3 cups	
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Dry mustard		1 ½ tsp		1 Tbsp	
					3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to serve.
					4. Portion with No. 6 scoop (¾ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	11 oz	1 lb 6 oz
Mature onions	5 oz	10 oz

Potato Salad

Vegetable

Salads and Salad Dressings

E-12

SERVING:

$\frac{2}{3}$ cup (No. 6 scoop) provides $\frac{1}{2}$ cup of vegetable.

YIELD:

25 Servings: 5 lb 9 oz

50 Servings: 11 lb 2 oz

VOLUME:

25 Servings: 1 gallon $\frac{1}{2}$ cup
2 pans

50 Servings: 2 gallons 1 cup
4 pans

Tested 2004

Nutrients Per Serving

Calories	102	Saturated Fat	0.48 g	Iron	0.38 mg
Protein	1.46 g	Cholesterol	6 mg	Calcium	10 mg
Carbohydrate	17.99 g	Vitamin A	26 IU	Sodium	309 mg
Total Fat	2.90 g	Vitamin C	9.2 mg	Dietary Fiber	1.6 g

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 3 oz		6 lb 6 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	2. Add onions, salt, granulated garlic, pepper, tomato paste, water, Chili powder, cumin, paprika, and onion powder. Blend well. Bring to boil. Reduce heat. Simmer for 25-30 minutes. CCP: Heat to 155° F or higher for 15 seconds. CCP: Hold for hot service at 135° F or higher.
Salt		1 Tbsp		2 Tbsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	7 oz	¾ cup 1 ½ tsp (¼ No. 2-½ can)	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	
Water		2 ½ cups		1 qt 1 cup	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		¾ tsp		1 ½ tsp	
Onion powder		¾ tsp		1 ½ tsp	
*Fresh lettuce, shredded	2 lb	1 gal	4 lb	2 gal	3. Combine lettuce and tomatoes. Toss lightly. Refrigerate until ready to serve.
*Fresh tomatoes, diced, chilled	14 ½ oz	2 cups	1 lb 13 oz	1 qt	
Enriched taco shell pieces OR Enriched tostada shells (at least 0.9 oz each)	1 lb 6 ½ oz OR 1 lb 6 ½ oz	3 qt 1 cup OR 25 each	2 lb 13 oz OR 2 lb 13 oz	1 gal 2 ½ qt OR 50 each	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	

Taco Salad

4. Portion is 1 salad.

Serving suggestions:

A. Assemble each salad as follows, or in preferred order:

1st layer: at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell

2nd layer: 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture

3rd layer: No. 12 scoop (⅓ cup) meat mixture

4th layer: ½ oz (2 Tbsp) shredded cheese

OR

B. (1) Preportion 1 ¾ oz (approximately ¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until ready to serve.

(2) Transfer meat mixture and taco shell pieces or tostada shells into pans. Serve at least 0.9 oz (approximately ½ cup) taco shell pieces or 1 tostada shell. Top with No. 12 scoop (⅓ cup) meat mixture. Add 1 preportioned soufflé cup of lettuce and tomato mixture and 1 preportioned soufflé cup of shredded cheese. Instruct children how to "build" their own taco salad.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz
Tomatoes	1 lb 1 oz	2 lb 2 oz

Taco Salad

Meat/Meat Alternate-Vegetable-Grains/Breads

Salads and Salad Dressings

E-13

SERVING:	YIELD:	VOLUME:
1 salad provides the equivalent of 2 oz of cooked lean meat, ¾ cup of vegetable, and the equivalent of 1 slice of bread.	25 Servings: 8 lb 15 ½ oz	25 Servings: 2 quarts ¼ cup (meat filling) 25 salads
	50 Servings: 17 lb 15 oz	50 Servings: 1 gallon ½ cup (meat filling) 50 salads

Edited 2004

Special Tip:
If desired, serve with Taco Sauce.

Nutrients Per Serving			
Calories	296	Saturated Fat	5.77 g
Protein	18.36 g	Cholesterol	46 mg
Carbohydrate	20.19 g	Vitamin A	675 IU
Total Fat	16.16 g	Vitamin C	9.6 mg
		Iron	2.50 mg
		Calcium	201 mg
		Sodium	531 mg
		Dietary Fiber	3.2 g

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, diced	1 lb 1 oz	1 qt ½ cup	2 lb 2 oz	2 qt 1 cup	1. Sprinkle apples with lemon juice to prevent discoloration.
Lemon juice		2 Tbsp		¼ cup	
Canned mixed fruit, chilled, drained	1 lb 10 oz	3 ½ cups (1 ½ No. 2-½ cans)	3 lb 4 oz	1 qt 3 cups (3 No. 2-½ cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 3 lb 7 oz (approximately 2 qt) into each pan (9" x 13" x 2"). For 24 servings, use 1 pan. For 48 servings, use 2 pans.
*Fresh celery, chopped (optional)	3 ¾ oz	1 cup	7 ½ oz	2 cups	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	3. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve.
Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz	¼ cup 2 Tbsp OR ¼ cup 2 Tbsp	6 oz OR 6 oz	¾ cup OR ¾ cup	
Ground nutmeg (optional)		¼ tsp		½ tsp	4. Add walnuts before service. Toss lightly. For best results, use same day.
Chopped walnuts	4 ¼ oz	1 cup	8 ½ oz	2 cups	
					5. Portion with No. 12 scoop (⅓ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Apples	1 lb 1 oz	2 lb 2 oz
Celery	5 oz	10 oz

Waldorf Fruit Salad

Fruit

Salads and Salad Dressings

E-14

SERVING:

1/3 cup (No. 12 scoop) provides 1/4 cup of fruit.

YIELD:

24 Servings: 3 lb 7 oz

48 Servings: 6 lb 14 oz

VOLUME:

24 Servings: 2 quarts

48 Servings: 1 gallon

Tested 2004

Special Tip:

Red apples make a very attractive salad.

Nutrients Per Serving

Calories	73	Saturated Fat	0.43 g	Iron	0.30 mg
Protein	0.98 g	Cholesterol	1 mg	Calcium	9 mg
Carbohydrate	9.48 g	Vitamin A	114 IU	Sodium	34 mg
Total Fat	4.06 g	Vitamin C	2.2 mg	Dietary Fiber	1.4 g

Dip for Fresh Vegetables

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Lowfat plain yogurt	4 $\frac{3}{8}$ oz	$\frac{1}{2}$ cup	8 $\frac{3}{4}$ oz	1 cup	1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor. 3. Portion with 1 oz ladle (2 Tbsp).
Reduced calorie salad dressing	10 oz	1 $\frac{1}{4}$ cups	1 lb 4 oz	2 $\frac{1}{2}$ cups	
OR Lowfat mayonnaise	OR 10 oz	OR 1 $\frac{1}{4}$ cups	OR 1 lb 4 oz	OR 2 $\frac{1}{2}$ cups	
Instant nonfat dry milk, reconstituted		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Onion powder		$\frac{3}{8}$ tsp		$\frac{3}{4}$ tsp	
Salt		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Ground black or white pepper		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint 16 1 oz servings	1 Pint
	1 Quart 32 1 oz servings	1 Quart

Edited 2004

Special Tip:
Serve with raw vegetables or tossed green salads.

Dip for Fresh Vegetables

Nutrients Per Serving					
Calories	52	Saturated Fat	0.62 g	Iron	0.19 mg
Protein	0.59 g	Cholesterol	8 mg	Calcium	18 mg
Carbohydrate	4.70 g	Vitamin A	28 IU	Sodium	272 mg
Total Fat	3.49 g	Vitamin C	0.2 mg	Dietary Fiber	0.2 g

French Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Sugar		1 Tbsp		2 Tbsp	1. Mix together the sugar, salt, dry mustard, and paprika.
Salt		½ tsp		1 tsp	
Dry mustard		¾ tsp		1 ½ tsp	2. Add onions, oil, lemon juice, vinegar, and catsup. Blend in mixer for 3 minutes at medium speed.
Paprika		¾ tsp		1 ½ tsp	
Dehydrated onions		1 ½ tsp		1 Tbsp	
Vegetable oil		1 cup 2 Tbsp		2 ¼ cups	
Lemon juice		¼ cup		½ cup	3. Cover. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavor.
White vinegar		¼ cup 1 Tbsp		½ cup 2 Tbsp	
Catsup	2 ½ oz	¼ cup	5 oz	½ cup	
					4. Stir or shake well before serving.
					Portion with 1 oz ladle (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint 16 1 oz servings	1 Pint
	1 Quart 32 1 oz servings	1 Quart

Edited 2004

Variation:

A. Honey French Dressing

Pint: In step 1, omit sugar. Use 1 Tbsp honey. Continue with steps 2-5.

Quart: In step 1, omit sugar. Use 2 Tbsp honey. Continue with steps 2-5.

French Dressing

Nutrients Per Serving					
Calories	146	Saturated Fat	2.14 g	Iron	0.06 mg
Protein	0.14 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1.73 g	Vitamin A	105 IU	Sodium	125 mg
Total Fat	15.37 g	Vitamin C	2.1 mg	Dietary Fiber	0.1 g

Italian Dressing

Ingredients	Pint		Quart		Directions
	Weight	Measure	Weight	Measure	
Chicken or vegetable stock, non-MSG		¾ cup		1 ½ cups	1. Measure chicken or vegetable stock into pot. Add carrots, onions, celery leaf (optional), and cornstarch. 2. Heat to a boil, stirring constantly. Boil for 3 minutes or until thickened. CCP: Heat to 165° F or higher for at least 15 seconds. 3. Turn off heat and let stand for 5 minutes.
*Fresh carrots, minced		2 Tbsp		¼ cup	
*Fresh onions, minced		2 Tbsp		¼ cup	
Celery leaf (optional)		2 Tbsp		¼ cup	
Cornstarch		1 ½ tsp		1 Tbsp	
Sugar		1 ½ tsp		1 Tbsp	4. Whisk sugar, white pepper, parsley, oregano, basil, garlic, and vinegar into the thickened stock mixture.
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Dried oregano		¼ tsp		½ tsp	
Dried basil		¾ tsp		1 ½ tsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Cider vinegar		¼ cup 2 Tbsp		¾ cup	
Vegetable oil		¾ cup		1 ½ cups	5. Slowly whisk oil into dressing mixture. 6. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Refrigerate until ready to serve. For best results, refrigerate overnight to develop flavors.
					7. Portion with 1 oz ladle (2 Tbsp).

Italian Dressing

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	Pint	Quart
Carrots	1 oz	1 oz
Mature onions	1 oz	1 oz

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	1 Pint 16 1 oz servings	1 Pint
	1 Quart 32 1 oz servings	1 Quart

Edited 2004

Nutrients Per Serving					
Calories	97	Saturated Fat	1.43 g	Iron	0.13 mg
Protein	0.15 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	1.61 g	Vitamin A	313 IU	Sodium	8 mg
Total Fat	10.25 g	Vitamin C	0.3 mg	Dietary Fiber	0.1 g

Ranch Dressing

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Buttermilk		1 ½ cups 2 Tbsp		3 ¼ cups	1. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.
Lemon juice		2 tsp		1 Tbsp 1 tsp	
Lowfat plain yogurt	5 oz	½ cup 2 Tbsp	10 oz	1 ¼ cups	2. Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.
Lowfat sour cream	2 oz	¼ cup	4 oz	½ cup	
Reduced calorie salad dressing	6 ½ oz	¾ cup 1 Tbsp	13 oz	1 ⅔ cups	3. Add salad dressing or mayonnaise, onion powder, granulated garlic, pepper, chives, parsley, and salt. Mix on low speed for 2-3 minutes until blended.
OR Lowfat mayonnaise	OR 6 ½ oz	OR ¾ cup 1 Tbsp	OR 13 oz	OR 1 ⅔ cups	
Onion powder		1 Tbsp		2 Tbsp	4. Chill at least 12 hours before serving to allow to thicken. Refrigerate until service. 5. Portion with 1 oz ladle (2 Tbsp).
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Dried chives		½ tsp		1 tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 tablespoons (1 oz ladle).	25 Servings: 1 lb 10 oz	25 Servings: 3 cups 2 Tablespoons
	50 Servings: 3 lb 5 oz	50 Servings: 1 quart 2 ¼ cups

Edited 2004

Special Tip:
For an excellent vegetable dip, add additional reduced calorie salad dressing or lowfat mayonnaise. For 25 servings, add 4 oz. For 50 servings, add 8 oz.

Ranch Dressing

Nutrients Per Serving					
Calories	35	Saturated Fat	0.52 g	Iron	0.10 mg
Protein	1.05 g	Cholesterol	5 mg	Calcium	35 mg
Carbohydrate	3.50 g	Vitamin A	26 IU	Sodium	181 mg
Total Fat	1.88 g	Vitamin C	0.5 mg	Dietary Fiber	0.4 g

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		2 each		4 each	1. Place eggs in a stock pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate. When chilled, peel and chop.
Dry mustard		½ tsp		1 tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	11 oz OR 11 oz	1 ¼ cups 2 Tbsp OR 1 ¼ cups 2 Tbsp	1 lb 5 ½ oz OR 1 lb 5 ½ oz	2 ¾ cups OR 2 ¾ cups	2. In a bowl, combine dry mustard and salad dressing or mayonnaise. Allow to set for 5 minutes.
Canned tuna, water-packed, chunk, drained	1 lb 9 ¼ oz (½ can 66 ½ oz)	3 ½ cups	3 lb 2 ½ oz (1 can 66 ½ oz)	1 qt 3 cups	
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	3. In a large bowl, combine chopped eggs, mayonnaise mixture, drained tuna, onions, and celery.
*Fresh celery, ¼" diced	8 oz	2 cups	1 lb	1 qt	
Reduced fat Cheddar cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	4. Place 12 English muffin halves on each half-sheet pan (13" x 18" x 1"). Spread No. 16 scoop (¼ cup) of tuna salad on each muffin half. Place ½ slice of cheese on top of the tuna salad.
Enriched English muffins (at least 1.8 oz each)		12 each		24 each	
					5. Bake until cheese is melted: Conventional oven: 350° F for 5 minutes Convection oven: 325° F for 5 minutes CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 muffin half (1 open-faced sandwich).

Tuna Melt

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	2 oz	4 oz
Celery	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 muffin half (1 open-faced sandwich) provides the equivalent of 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.	24 Servings: 3 lb 5 ½ oz (filling) 4 lb 9 oz 48 Servings: 6 lb 11 oz (filling) 9 lb 2 oz	24 Servings: 1 quart 2 ¼ cups (filling) 24 sandwiches 48 Servings: 3 quarts ½ cup (filling) 48 sandwiches

Tested 2004

Special Tip:
Hamburger rolls (at least 1.8 oz each) may be substituted for English muffins.

Nutrients Per Serving					
Calories	183	Saturated Fat	2.31 g	Iron	1.37 mg
Protein	14.36 g	Cholesterol	40 mg	Calcium	189 mg
Carbohydrate	16.78 g	Vitamin A	164 IU	Sodium	462 mg
Total Fat	6.20 g	Vitamin C	0.8 mg	Dietary Fiber	1.1 g

Chicken Barbecue Sandwich

Meat-Vegetable-Grains/Breads

Sandwiches

F-02

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups	1. In a pot, sauté celery and onions in oil until tender, about 5 minutes.	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup		
Vegetable oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2. Add tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic salt to the vegetables. Bring to a boil over medium heat. Reduce heat and simmer, uncovered for 15 minutes.	
Canned tomato sauce	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups		
Brown sugar, packed		2 Tbsp		¼ cup		
Worcestershire sauce		1 ½ tsp		1 Tbsp		
Prepared yellow mustard		1 Tbsp		2 Tbsp		
White vinegar		¼ cup 2 Tbsp		¾ cup		
Garlic salt		1 tsp		2 tsp		
*Cooked chicken or turkey, chopped	2 lb 8 oz		4 lb 12 oz			3. Add chicken or turkey and stir to blend. Simmer for 30 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each		4. CCP: Hold for hot service at 135° F or higher. Using a No. 8 scoop (1/2 cup), portion chicken or turkey mixture on bottom half of hamburger roll. Cover with top half of roll. Cut each sandwich in half. Portion is ½ sandwich.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

Chicken Barbecue Sandwich

Meat-Vegetable-Grains/Breads

Sandwiches

F-02

Chicken, whole, without neck and giblets	7 lb	13 lb 4 oz
OR	OR	OR
Turkey, whole, without neck and giblets	5 lb 6 oz	10 lb 2 oz

SERVING:

½ sandwich provides 1 ½ oz of cooked poultry, ¼ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 3 lb 13 oz (filling)
48 Servings: 7 lb 10 oz (filling)

VOLUME:

24 Servings: 3 quarts (filling)
48 Servings: 1 gallon 2 quarts (filling)

Edited 2004

Nutrients Per Serving

Calories	171	Saturated Fat	1.32 g	Iron	1.53 mg
Protein	15.28 g	Cholesterol	40 mg	Calcium	45 mg
Carbohydrate	14.99 g	Vitamin A	331 IU	Sodium	433 mg
Total Fat	5.38 g	Vitamin C	4.5 mg	Dietary Fiber	1.1 g

Grilled Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	1. In a bowl, whisk together milk, orange juice, eggs, sugar, salt, and vanilla. Whisk until smooth.
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
		OR 9 each		OR 18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	
Turkey ham slices, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	2. Place 2 oz (2 slices) of turkey ham on a slice of bread. For 24 servings, use 12 slices of bread. For 48 servings, use 24 slices of bread.
*Enriched wheat bread slices (at least 0.9 oz each)		24 slices		48 slices	
					3. Cover each with a second bread slice.
					4. Dip sandwiches in orange juice mixture to coat both sides.
					5. Place 6 sandwiches on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings use 4 pans.
					6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Cut each sandwich in half. Portion is ½ sandwich.

Grilled Sandwich

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-03

SERVING:

½ sandwich provides 1 ¼ oz of cooked lean meat and 1 slice of bread.

YIELD:

24 Servings: 3 lb 10 oz

48 Servings: 7 lb 4 oz

VOLUME:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

Edited 2004

Nutrients Per Serving

Calories	168	Saturated Fat	1.36 g	Iron	1.56 mg
Protein	10.13 g	Cholesterol	99 mg	Calcium	40 mg
Carbohydrate	20.91 g	Vitamin A	162 IU	Sodium	480 mg
Total Fat	4.69 g	Vitamin C	3.2 mg	Dietary Fiber	1.2 g

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 cup		2 cups	1. In a bowl, whisk together milk, orange juice concentrate, eggs, sugar, salt, and vanilla. Whisk until smooth.
Frozen orange juice concentrate, thawed		3 Tbsp		¼ cup 2 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	2. In a mixing bowl, combine honey and peanut butter. Mix until smooth. Peel bananas. Slice peeled bananas in half lengthwise and crosswise. Place 2 pieces of banana (½ banana) and ½ oz (1 Tbsp) of peanut butter on each slice of bread.
		OR 9 each		OR 18 each	
Sugar		3 Tbsp		¼ cup 2 Tbsp	3. Dip sandwiches in orange juice mixture to coat both sides.
Salt		½ tsp		1 tsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Place 6 sandwiches on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
Honey		2 ¾ tsp	2 oz	2 Tbsp 2 ½ tsp	
Peanut butter	12 oz		1 lb 8 oz		5. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
* Fresh bananas 100-120 count	2 lb 4 oz	6 bananas	4 lb 8 oz	12 bananas	
* Enriched wheat bread slices (at least 0.9 oz each)		24 slices		48 slices	

Banana-Peanut Butter Sandwich

Meat Alternate-Fruit-Grains/Breads

Sandwiches

F-03A

6. Cut each sandwich in half.

CCP: Hold for hot service at 135° F or higher.

Portion is ½ sandwich.

SERVING:

½ sandwich provides the equivalent of 1 oz of cooked lean meat, ½ cup of fruit, and 1 slice of bread.

YIELD:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

VOLUME:

24 Servings: 24 half sandwiches

48 Servings: 48 half sandwiches

Edited 2004

Nutrients Per Serving

Calories	249	Saturated Fat	2.47 g	Iron	1.61 mg
Protein	9.35 g	Cholesterol	81 mg	Calcium	45 mg
Carbohydrate	30.40 g	Vitamin A	169 IU	Sodium	292 mg
Total Fat	10.93 g	Vitamin C	5.7 mg	Dietary Fiber	2.7 g

Pizza-In-A-Pocket

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-04

Ingredients	24 Servings		48 Servings		Directions	
	Weight	Measure	Weight	Measure		
Canned tomato paste	8 oz	1 cup ($\frac{2}{3}$ 12 oz can)	1 lb	2 cups (1 $\frac{1}{3}$ 12 oz cans)	1. In a pot, combine tomato paste, water, sugar, basil, oregano, salt, granulated garlic, and beef stock. Simmer uncovered for 30 minutes.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups		
Sugar		1 $\frac{1}{2}$ tsp		1 Tbsp		
Dried basil		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Dried oregano		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Granulated garlic		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp		
Beef stock, non-MSG		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups		
Enriched pita pockets, 6 1/2" diameter (at least 1.8 oz each)		12 each		24 each		2. Cut each pita in half. Open each half to form a pocket. Cut cheese and turkey ham slices in half.
Reduced fat mozzarella cheese, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)		
Turkey ham, 1 oz slices	12 oz	12 slices (1 oz each)	1 lb 8 oz	24 slices (1 oz each)	3. Stuff the inside of each half-pita with $\frac{1}{2}$ oz ($\frac{1}{2}$ slice) of cheese, $\frac{1}{2}$ oz ($\frac{1}{2}$ slice) of turkey ham, and 1 Tbsp of sauce from Step 1.	
					4. Place 6 filled half-pitas on paper-lined half-sheet pans (13" x 18" x 1"). For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil and seal.	
					5. Bake until thoroughly heated: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes CCP: Heat to 165° F or higher for at least 15 seconds.	
					6. CCP: Hold for hot service at 135° F or higher. Portion is $\frac{1}{2}$ pita.	

Pizza-In-A-Pocket

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-04

SERVING:

½ pita provides the equivalent of ¼ oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 4 lb 1 oz
48 Servings: 8 lb 2 oz

VOLUME:

24 Servings: 24 half pitas
48 Servings: 48 half pitas

Edited 2004

Nutrients Per Serving

Calories	121	Saturated Fat	0.60 g	Iron	1.14 mg
Protein	6.88 g	Cholesterol	11 mg	Calcium	70 mg
Carbohydrate	19.49 g	Vitamin A	263 IU	Sodium	355 mg
Total Fat	1.58 g	Vitamin C	4.0 mg	Dietary Fiber	1.1 g

Cheese Ribbon Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced fat processed American cheese, shredded	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	1. In a mixing bowl, combine cheese, salad dressing or mayonnaise, pimentos, mustard, and Worcestershire sauce (optional). Mix until well blended.
Reduced calorie salad dressing	6 oz	2/3 cup	12 oz	1 1/3 cups	
OR Lowfat mayonnaise	OR 6 oz	OR 2/3 cup	OR 12 oz	OR 1 1/3 cups	
Canned pimentos, diced, drained	2 oz	1/4 cup	4 oz	1/2 cup	
Prepared yellow mustard		2 Tbsp		1/4 cup	
Worcestershire sauce (optional)		1 Tbsp		2 Tbsp	
Enriched white bread slices (at least 0.9 oz each)		12 each		24 each	
100 % whole wheat bread slices (at least 0.9 oz each)		12 each		24 each	
					3. Top each slice of white bread with whole wheat bread.
					4. Cut each sandwich into 4 equal pieces in the shape of strips.
					5. Cover. Refrigerate until ready to serve.
					6. Portion is 2 pieces.

SERVING:	YIELD:	VOLUME:
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2 pieces provide 1 oz of cheese and 1 slice of bread. **24 Servings:** 3 lb 8 oz

24 Servings: 48 pieces

48 Servings: 7 lb

48 Servings: 96 pieces

Edited 2004

Special Tip:
Attractive garnishes include unpeeled apple slices, grapes, or carrot chips.

Cheese Ribbon Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-05

Nutrients Per Serving

Calories	170	Saturated Fat	3.53 g	Iron	1.07 mg
Protein	9.87 g	Cholesterol	18 mg	Calcium	220 mg
Carbohydrate	18.67 g	Vitamin A	326 IU	Sodium	635 mg
Total Fat	6.77 g	Vitamin C	2.0 mg	Dietary Fiber	1.7 g

Pizzaburger

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb		6 lb		1. Brown ground beef. Drain. Continue immediately.
Water		¾ cup		1 ½ cups	2. Add water, tomato paste, oregano, granulated garlic, salt, and sugar to the cooked ground beef. Mix well and simmer for 5 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Canned tomato paste	8 oz	¾ cup 1 Tbsp (⅔ 12 oz can)	1 lb	2 cups (1 ⅓ 12 oz cans)	
Dried oregano		1 tsp		2 tsp	
Granulated garlic		¼ tsp		½ tsp	
Salt		½ tsp		1 tsp	
Sugar		1 Tbsp		2 Tbsp	
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each	3. Split hamburger rolls in half. Place 12 halves (crust side down) on half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Using a No. 24 scoop (2 ⅔ Tbsp), spread beef mixture on each half-roll. Top each with ½ oz (2 Tbsp) of cheese.
Reduced fat mozzarella cheese, shredded	13 oz		1 lb 10 oz		
					4. Bake until cheese is melted: Conventional oven: 425° F for 10 minutes Convection oven: 375° F for 6 minutes
					5. CCP: Hold for hot service at 135° F or higher. Portion is 1 pizza burger (½ bun open-faced).

Pizzaburger

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-06

SERVING:	YIELD:	VOLUME:
1 pizzaburger (½ bun open-faced) provides the equivalent of 2 oz of cooked lean meat, ⅓ cup of vegetable, and the equivalent of 1 slice of bread.	24 Servings: 2 lb 13 oz (filling) 5 lb 11 ½ oz 48 Servings: 5 lb 10 oz (filling) 11 lb 7 oz	24 Servings: 1 quart (filling) 24 each (half roll) 48 Servings: 2 quarts (filling) 48 each (half roll)

Tested 2004

Nutrients Per Serving					
Calories	220	Saturated Fat	4.46 g	Iron	2.12 mg
Protein	17.72 g	Cholesterol	43 mg	Calcium	158 mg
Carbohydrate	13.80 g	Vitamin A	299 IU	Sodium	292 mg
Total Fat	10.07 g	Vitamin C	5.5 mg	Dietary Fiber	1.0 g

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced fat Monterey Jack cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	1. Sprinkle 1 oz (¼ cup) of shredded cheese on each tortilla.
Enriched flour tortilla, 8-inch (at least 1.8 oz each)		12 each		24 each	
*Cooked chicken or turkey, chopped	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	2. In a bowl, combine chicken or turkey, salsa, onions, and red pepper (optional). Spread 3 ½ oz (½ cup) of chicken or turkey mixture on tortilla. Roll tortilla like a jelly-roll.
Mild salsa, chunky	14 ¼ oz	1 ½ cups	1 lb 12 ½ oz	3 cups	
*Fresh onions, chopped OR Dehydrated onions		1 Tbsp 2 tsp OR ¾ tsp		3 Tbsp 1 tsp OR 1 ½ tsp	
*Fresh red bell pepper, seeded, minced (optional)	2 oz	½ cup	4 oz	1 cup	
					3. Place 6 rolled tortillas in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Cover with foil.
					4. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Cut each tortilla in half. CCP: Hold for hot service at 135° F or higher. Portion is 1 roll up (½ filled tortilla).

Tortilla Roll-Up

Meat/Meat Alternate-Grains/Breads

Sandwiches

F-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Chicken, whole, without neck and giblets OR	4 lb 9 oz OR	8 lb 12 oz OR
Turkey, whole, without neck and giblets	3 lb 8 oz	6 lb 12 oz
Mature onions	1 oz	2 oz
Red bell pepper (optional)	3 oz	6 oz

SERVING:

1 roll-up (½ filled tortilla) provides 1 ½ oz of cooked lean meat and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 5 lb
48 Servings: 10 lb

VOLUME:

24 Servings: 24 half tortillas
48 Servings: 48 half tortillas

Edited 2004

Special Tips:

- 1) For a colorful topping, place 1 Tbsp lowfat yogurt, ½ oz shredded lettuce, and ½ oz diced tomatoes on each roll-up.
- 2) Attractive garnishes include fresh apple slices, grapes, and orange slices.

Nutrients Per Serving

Calories	182	Saturated Fat	2.96 g	Iron	1.61 mg
Protein	14.93 g	Cholesterol	36 mg	Calcium	131 mg
Carbohydrate	14.12 g	Vitamin A	184 IU	Sodium	286 mg
Total Fat	6.95 g	Vitamin C	0.7 mg	Dietary Fiber	1.0 g

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	3 lb 5 oz OR 3 lb 5 oz		6 lb 10 oz OR 6 lb 10 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	4 oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	2. Add onions, celery, granulated garlic, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper, cayenne pepper, and stock. Bring to boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently. CCP: Heat to 155° F or higher for at least 15 seconds.
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
Granulated garlic		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Catsup	9 oz	1 cup	1 lb 2 oz	2 cups	
Canned tomato paste	5 oz	$\frac{1}{2}$ cup 1 $\frac{1}{2}$ tsp ($\frac{3}{8}$ 12 oz can plus 1 Tbsp)	10 oz	1 cup 1 Tbsp ($\frac{3}{4}$ 12 oz can plus 2 Tbsp)	
White vinegar		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Brown sugar, packed		1 Tbsp		2 Tbsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Cayenne pepper		$\frac{1}{8}$ tsp		$\frac{1}{4}$ tsp	
Beef stock, non-MSG OR Pork stock, non-MSG		2 $\frac{1}{2}$ cups OR 2 $\frac{1}{2}$ cups		1 qt 1 cup OR 1 qt 1 cup	
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each	3. CCP: Hold for hot service at 135° F or higher. Using a No. 10 scoop ($\frac{3}{8}$ cup), portion meat mixture onto bottom half of each roll. Top with other half of roll. Cut each sandwich in half. Portion is $\frac{1}{2}$ sandwich.

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Celery	5 oz	10 oz

SERVING:

½ sandwich provides 1 ½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread.

YIELD:

24 Servings: 4 lb 10 oz (filling)

48 Servings: 9 lb 4 oz (filling)

VOLUME:

24 Servings: 2 quarts 1 ⅔ cups (filling)
24 sandwiches

48 Servings: 1 gallon 3 ⅓ cups (filling)
48 sandwiches

Tested 2004

Nutrients Per Serving

Calories	210	Saturated Fat	3.74 g	Iron	2.23 mg
Protein	14.87 g	Cholesterol	41 mg	Calcium	51 mg
Carbohydrate	16.47 g	Vitamin A	266 IU	Sodium	310 mg
Total Fat	9.24 g	Vitamin C	5.5 mg	Dietary Fiber	1.1 g

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white bread, sliced (at least 0.9 oz each) OR Enriched wheat bread, sliced (at least 0.9 oz each)		24 slices		48 slices	1. On half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray, place half the bread slices 6 per pan. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
		OR 24 slices		OR 48 slices	
Reduced fat processed American cheese, sliced, 1 oz slices	1 lb 8 oz	24 slices (1 oz each)	3 lb	48 slices (1 oz each)	2. Top each slice of bread with 1 oz (1 slice) of cheese, 1 ½ oz (1 slice) of tomato, and another 1 oz (1 slice) of cheese. Cover with remaining bread slices.
*Fresh tomatoes, 1 ¾ oz slices	1 lb 5 oz	12 slices (1 ¾ oz each)	2 lb 10 oz	24 slices (1 ¾ oz each)	
					3. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes CCP: Hold for hot service at 135° F or higher.
					4. Cut each sandwich in half diagonally. Serve immediately.
					5. Portion is ½ sandwich.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ sandwich provides 1 oz of cheese, ⅛ cup of vegetable, and 1 slice of bread.	24 Servings: 24 half sandwiches	24 Servings:
	48 Servings: 48 half sandwiches	48 Servings:

Edited 2004

Toasted Cheese and Tomato Sandwich

Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-09

Special Tip:
Sandwiches may be garnished with fresh apple slices, carrot chips, cucumber slices, or broccoli florets.

Nutrients Per Serving					
Calories	195	Saturated Fat	5.76 g	Iron	1.17 mg
Protein	9.04 g	Cholesterol	27 mg	Calcium	210 mg
Carbohydrate	17.03 g	Vitamin A	498 IU	Sodium	575 mg
Total Fat	10.08 g	Vitamin C	4.7 mg	Dietary Fiber	1.0 g

Egg Salad Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs, hard-cooked, peeled, chilled		25 each		50 each	1. Finely chop eggs.
*Fresh onions, chopped OR Dehydrated onions	4 oz	$\frac{3}{8}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	2. Combine eggs, onions, celery, pepper, mustard, salad dressing or mayonnaise, and pickle relish. Mix lightly until well blended.
*Fresh celery, chopped	7 oz	1 $\frac{2}{3}$ cups	14 oz	3 $\frac{1}{3}$ cups	
Ground black or white pepper		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dry mustard		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Reduced calorie salad dressing OR Lowfat mayonnaise	7 oz OR 7 oz	$\frac{3}{4}$ cup 2 Tbsp OR $\frac{3}{4}$ cup 2 Tbsp	14 oz OR 14 oz	1 $\frac{3}{4}$ cups OR 1 $\frac{3}{4}$ cups	
Sweet pickle relish, undrained	4 $\frac{1}{4}$ oz	$\frac{1}{2}$ cup	8 $\frac{1}{2}$ oz	1 cup	
					3. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Cover. Refrigerate until ready to use.
Enriched white bread (at least 0.9 oz per slice)		50 slices		100 slices	4. Spread No. 12 scoop ($\frac{1}{2}$ cup) of egg salad onto 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve. Portion is 1 sandwich (2 halves).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz
Celery	9 oz	1 lb 2 oz

Egg Salad Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-10

SERVING:

1 sandwich provides 1 large egg or the equivalent of 2 oz cooked lean meat and 2 slices of bread.

YIELD:

25 Servings: 4 lb (filling)
7 lb 13 oz

50 Servings: 8 lb (filling)
13 lb 10 oz

VOLUME:

25 Servings: 2 quarts $\frac{1}{4}$ cup (filling)
25 sandwiches

50 Servings: 1 gallon $\frac{1}{2}$ cup (filling)
50 sandwiches

Tested 2004

Nutrients Per Serving

Calories	242	Saturated Fat	2.15 g	Iron	2.26 mg
Protein	10.60 g	Cholesterol	216 mg	Calcium	84 mg
Carbohydrate	29.53 g	Vitamin A	302 IU	Sodium	447 mg
Total Fat	8.66 g	Vitamin C	0.9 mg	Dietary Fiber	1.5 g

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tuna, water-packed, chunk	4 lb 2 ½ oz	1 can 66 ½ oz	8 lb 5 oz	2 cans 66 ½ oz	1. Drain and flake tuna.
*Fresh onions, chopped OR Dehydrated onions	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp	2. Combine tuna, onions, celery, pickle relish, dry mustard, eggs (optional), and salad dressing or mayonnaise. Mix lightly until well blended.
*Fresh celery, chopped	1 lb	3 ¾ cups 2 Tbsp	2 lb	1 qt 3 ¾ cups	
Sweet pickle relish, undrained	4 ½ oz	½ cup ½ tsp	9 oz	1 cup 1 tsp	
Dry mustard		¾ tsp		1 ½ tsp	
Fresh large eggs, hard-cooked, peeled, chopped (optional)	7 oz	4 each	14 oz	8 each	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 6 oz OR 1 lb 6 oz	2 ¾ cups OR 2 ¾ cups	2 lb 11 oz OR 2 lb 11 oz	1 qt 1 ½ cups OR 1 qt 1 ½ cups	
					3. CCP: Cool to 41° F or lower within 4 hours. Cover and refrigerate until ready to use.
Enriched white bread (at least 0.9 oz per slice)		48 slices		96 slices	4. Spread No. 8 scoop (½ cup) of tuna salad on 1 slice of bread. Top with second slice of bread. Cut each sandwich diagonally in half. Cover. Refrigerate until ready to serve.
					5. Portion is 1 sandwich (2 halves).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Mature onions	6 oz	12 oz
Celery	1 lb 4 oz	2 lb 8 oz

Tuna Salad Sandwich

Meat-Grains/Breads

Sandwiches

F-11

SERVING:

1 sandwich (2 halves) provides 2 oz cooked fish, 1/8 cup of vegetable, and 2 slices of bread.

YIELD:

24 Servings: 6 lb 3 oz (filling)
8 lb 14 oz

48 Servings: 12 lb 6 oz (filling)
17 lb 12 oz

VOLUME:

24 Servings: 3 quarts (filling)
24 sandwiches

48 Servings: 1 gallon 2 quarts (filling)
48 sandwiches

Tested 2004

Nutrients Per Serving

Calories	297	Saturated Fat	1.20 g	Iron	2.95 mg
Protein	23.74 g	Cholesterol	33 mg	Calcium	73 mg
Carbohydrate	33.18 g	Vitamin A	87 IU	Sodium	797 mg
Total Fat	7.11 g	Vitamin C	1.7 mg	Dietary Fiber	1.9 g

Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	4 lb 5 oz		8 lb 10 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz	¾ cup 2 Tbsp OR ¼ cup 3 Tbsp	10 oz	1 ⅔ cups OR ¾ cup 2 Tbsp	2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ No. 2-½ can)	1 lb 12 oz	3 cups 2 Tbsp (⅞ No. 2-½ can plus 2 ½ Tbsp)	
Catsup	15 oz	1 ½ cups (¾ 20 oz bottle)	1 lb 14 oz	3 cups (1 ½ 20 oz bottles)	
Water		1 cup		2 cups	
White vinegar		½ cup 1 Tbsp		1 cup 2 Tbsp	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Brown sugar, packed		3 Tbsp	2 ¾ oz	¼ cup 2 Tbsp	
					3. Pour 5 lb 6 oz (2 qt 2 Tbsp) ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Enriched hamburger rolls (at least 1.8 oz each)		25 each		50 each	4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup) onto bottom half of each hamburger roll. Cover with top half of roll.
					5. Portion is 1 sandwich.

Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
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Mature onions	6 oz	12 oz
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SERVING:

1 sandwich provides 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.

YIELD:

25 Servings: 8 lb 3 oz
5 lb 6 oz (filling)

50 Servings: 16 lb 6 oz
10 lb 12 oz (filling)

VOLUME:

25 Servings: 25 each
2 quarts ¼ cup (filling)

50 Servings: 50 each
1 gallon ½ cup (filling)

Tested 2004

Nutrients Per Serving

Calories	322	Saturated Fat	4.86 g	Iron	3.48 mg
Protein	20.26 g	Cholesterol	51 mg	Calcium	87 mg
Carbohydrate	32.05 g	Vitamin A	566 IU	Sodium	502 mg
Total Fat	12.35 g	Vitamin C	12.0 mg	Dietary Fiber	2.2 g

Toasted Cheese Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	1. Brush approximately ½ oz (1 Tbsp) margarine or butter on each half-sheet pan (13" x 18" x 1"). For 25 servings, use 3 pans. For 50 servings, use 6 pans. Reserve remaining butter for step 5.
Enriched white bread (at least 0.9 oz per slice)		50 slices		100 slices	2. Place 10 slices of bread on each pan, 5 down and 2 across. For 25 servings, 1 pan will have 5 slices.
Reduced fat processed American cheese, 2 oz slice	3 lb 2 oz	25 slices (2 oz each)	6 lb 4 oz	50 slices (2 oz each)	3. Top each slice of bread with 2 oz (1 slice) of cheese.
					4. Cover with remaining bread slices.
					5. Brush tops of sandwiches with remaining margarine or butter, approximately 1 ½ oz (3 Tbsp) per pan.
					6. Bake until lightly browned: Conventional oven: 400° F for 15-20 minutes Convection oven: 350° F for 10-15 minutes DO NOT OVERBAKE.
					7. If desired, cut each sandwich diagonally in half. Serve immediately. CCP: Hold for hot service at 135° F or higher.
					8. Portion is 1 sandwich.

SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz of cheese and 2 slices of bread.	25 Servings: 25 sandwiches	25 Servings: 25 sandwiches
	50 Servings: 50 sandwiches	50 Servings: 50 sandwiches

Edited 2004

Toasted Cheese Sandwich

Meat Alternate-Grains/Breads

Sandwiches

F-13

Nutrients Per Serving

Calories	229	Saturated Fat	6.68 g	Iron	0.73 mg
Protein	16.01 g	Cholesterol	30 mg	Calcium	427 mg
Carbohydrate	16.99 g	Vitamin A	641 IU	Sodium	982 mg
Total Fat	11.62 g	Vitamin C	0 mg	Dietary Fiber	0.6 g

Peanut Butter Dip

Meat Alternate

Snacks

G-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter, creamy	1 lb 7 oz	2 ½ cups	2 lb 14 oz	1 qt 1 cup	1. In a mixing bowl, use the paddle attachment on medium speed to cream peanut butter, honey, and cinnamon. Mix for 5 minutes until smooth.
Honey	14 oz	1 cup 2 Tbsp	1 lb 12 oz	2 ¼ cups	
Ground cinnamon		1 tsp		2 tsp	
					2. Portion with No. 30 scoop (2 Tbsp).

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provide 1 ½ Tbsp of peanut butter or the equivalent of ¾ oz of cooked lean meat.	25 Servings: 2 lb 5 oz 50 Servings: 4 lb 10 oz	25 Servings: 3 cups 2 Tbsp 50 Servings: 1 quart 2 ¼ cups

Edited 2004

Special Tip:
This dip may be served with fruit, vegetables, or pretzels, or spread on graham crackers.

Nutrients Per Serving			
Calories	206	Saturated Fat	2.57 g
Protein	6.60 g	Cholesterol	0 mg
Carbohydrate	18.71 g	Vitamin A	0 IU
Total Fat	13.35 g	Vitamin C	0.1 mg
		Iron	0.55 mg
		Calcium	11 mg
		Sodium	128 mg
		Dietary Fiber	1.7 g

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans, drained	1 lb 6 oz	3 ½ cups	2 lb 12 oz	1 qt 3 cups	1. Mash or blend all ingredients, either by hand or by using a food processor. 2. Refrigerate until ready to serve. 3. Portion with No. 30 scoop (2 Tbsp).
Lemon juice		1 ½ tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		2 Tbsp		¼ cup	
Low-sodium soy sauce		½ tsp		1 tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Dried parsley		2 Tbsp		¼ cup	
Water		¼ cup		½ cup	

SERVING:	YIELD:	VOLUME:
2 Tbsp (No. 30 scoop) provides 1 Tbsp of beans or the equivalent of ¼ oz cooked lean meat.	25 Servings: 1 lb 9 oz 50 Servings: 3 lb 2 oz	25 Servings: 3 ⅓ cups 50 Servings: 1 qt 2 ⅔ cups

Edited 2004

Special Tip:
For a tasty snack, serve this dip with whole wheat pita wedges.

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Nutrients Per Serving

Calories	55	Saturated Fat	0.20 g	Iron	0.53 mg
Protein	1.88 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	8.56 g	Vitamin A	25 IU	Sodium	115 mg
Total Fat	1.52 g	Vitamin C	2.0 mg	Dietary Fiber	1.7 g

Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched taco shell pieces	6 oz		12 oz		1. Spread 6 oz of taco pieces on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 Servings, use 2 pans.
Salsa (C-03)	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Reduced fat Cheddar cheese, shredded	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	2. Top each pan with 12 oz (1 ½ cups) of salsa and 13 oz (3 ¼ cups) of cheese.
					3. Bake until cheese melts: Conventional oven: 375° F for 7 minutes Convection oven: 350° F for 5 minutes For best results, serve immediately.
					4. Score each pan 5 x 5 (25 pieces). Portion is 1 piece.

SERVING:

1 piece provides the equivalent of ½ oz of cheese and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 2 lb 2 oz

50 Servings: 4 lb 4 oz

VOLUME:

25 Servings: 25 pieces

50 Servings: 50 pieces

Tested 2004

Special Tip:

For an attractive garnish, use 1 Tbsp of lowfat sour cream or plain lowfat yogurt and 1 Tbsp of Salsa (C-03).

Nachos

Meat Alternate-Grains/Breads

Snacks

G-03

Nutrients Per Serving

Calories	77	Saturated Fat	1.93 g	Iron	0.28 mg
Protein	4.64 g	Cholesterol	8 mg	Calcium	148 mg
Carbohydrate	5.46 g	Vitamin A	115 IU	Sodium	166 mg
Total Fat	4.26 g	Vitamin C	1.9 mg	Dietary Fiber	0.7 g

Yogurt Fruit Dip

Meat Alternate-Fruit

Snacks

G-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat vanilla yogurt	3 lb 4 oz	1 qt 2 ¼ cups	6 lb 8 oz	3 qt ½ cup	1. In a bowl, combine yogurt and peaches. Stir to blend.
Canned diced peaches, drained	3 lb 1 oz	1 qt 2 ¼ cups (2 ¾ No. 2-½ cans)	6 lb 2 oz	3 qt ½ cup (5 ½ No. 2-½ cans)	
					2. Refrigerate until ready to serve.
					3. Portion with No. 10 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 10 scoop) provides ¼ cup of yogurt or the equivalent of ½ oz cooked lean meat and ¼ cup of fruit.

25 Servings: 6 lb 5 oz
50 Servings: 12 lb 10 oz

25 Servings: 2 quarts 2 cups
50 Servings: 1 gallon 1 quart

Tested 2004

Special Tip:
 This makes a good snack for dipping fruit and crackers.

Nutrients Per Serving					
Calories	62	Saturated Fat	0.59 g	Iron	0.20 mg
Protein	3.52 g	Cholesterol	4 mg	Calcium	112 mg
Carbohydrate	10.50 g	Vitamin A	365 IU	Sodium	43 mg
Total Fat	0.94 g	Vitamin C	2.5 mg	Dietary Fiber	1.2 g

Chicken or Turkey Chowder

Meat-Vegetable

Soups

H-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1. In a heavy pot, sauté onions, celery, and carrots in oil until tender, about 5 minutes.
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
*Fresh carrots, peeled, ½" diced	3 ½ oz	1 cup	7 oz	2 cups	2. Add chicken or turkey, chicken or turkey stock, potatoes, salt, and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 30 minutes, until potatoes are tender.
Vegetable oil		¼ cup		½ cup	
*Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz		3. Stir in hot milk and parsley. Simmer for 3 minutes.
Chicken or turkey stock, non-MSG		2 qt		1 gal	
*Fresh potatoes, peeled, ¼" cubed	15 oz	2 cups	1 lb 14 oz	1 qt	4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes. CCP: Heat to 165° F or higher for 15 seconds.
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	5. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).
Lowfat 1% milk, hot		2 cups		1 qt	
Dried parsley		2 tsp		1 Tbsp 1 tsp	
Cornstarch	2 oz	½ cup	4 oz	1 cup	
Water, cold		¾ cup		1 ½ cups	

Chicken or Turkey Chowder

Meat-Vegetable

Soups

H-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Chicken, whole, without neck and giblets OR	3 lb 5 oz OR	6 lb 10 oz OR
Turkey, whole, without neck and giblets	2 lb 9 oz	5 lb 2 oz
Potatoes	1 lb 3 oz	2 lb 6 oz

SERVING:

½ cup (4 oz ladle) provides ¾ oz of cooked poultry and ⅛ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	96	Saturated Fat	0.90 g	Iron	0.42 mg
Protein	7.31 g	Cholesterol	20 mg	Calcium	34 mg
Carbohydrate	7.39 g	Vitamin A	949 IU	Sodium	85 mg
Total Fat	4.09 g	Vitamin C	2.0 mg	Dietary Fiber	0.6 g

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. In a heavy pot, melt margarine or butter. Add onions. Sauté onions until soft and slightly browned, about 2-3 minutes.
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
Water		2 qt		1 gal	2. Add water to onions and bring to a boil.
Dry split green peas	1 lb 3 oz	2 ¾ cups	2 lb 6 oz	1 qt 1 ½ cups	3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.
*Fresh celery, ¼" diced	12 oz	2 ¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1 ¾ cups	
*Fresh carrots, ½" diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Dried bay leaf		1 each		2 each	
Salt		2 Tbsp	2 ⅝ oz	¼ cup	
Ground black or white pepper		½ tsp		1 tsp	
					4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
Dried marjoram		⅛ tsp		¼ tsp	5. Add marjoram, thyme, and hot milk. Stir to blend. CCP: Heat to 135° F or higher for at least 15 seconds.
Dried thyme		½ tsp		1 tsp	
Lowfat 1% milk, hot		2 cups		1 qt	
Enriched white bread, (at least 0.9 oz each), toasted, and cut into fourths		7 slices (28 ¼ pieces)		13 slices (52 ¼ pieces)	6. Remove bay leaves. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup). Place ¼ slice of toasted bread on top.

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	15 oz	1 lb 14 oz
Carrots	15 oz	1 lb 14 oz

SERVING:

½ cup (4 oz ladle) of soup with ¼ slice of toast provides ¼ cup of cooked split peas or the equivalent of 1 oz cooked lean meat, ⅓ cup of vegetable, and ¼ slice of bread

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	114	Saturated Fat	0.57 g	Iron	1.11 mg
Protein	5.94 g	Cholesterol	1 mg	Calcium	51 mg
Carbohydrate	17.54 g	Vitamin A	3174 IU	Sodium	664 mg
Total Fat	2.53 g	Vitamin C	1.6 mg	Dietary Fiber	5.3 g

Corn Chowder

Vegetable

Soups

H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 oz	1/3 cup OR 3 Tbsp	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	1. In a heavy pot, sauté onions and celery in margarine or butter until tender, about 5 minutes.
*Fresh celery, 1/4" diced	2 oz	1/2 cup	4 oz	1 cup	
Margarine or butter	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	2. Add flour and cook for 1 minute stirring continuously.
Enriched all-purpose flour	3 oz	3/4 cup	6 oz	1 1/2 cups	
Lowfat 1% milk, hot		1 qt 1 cup		2 qt 2 cups	3. Slowly add hot milk to flour mixture. Whisk until smooth and thickened.
Chicken stock, non-MSG		1 qt 1 cup		2 qt 2 cups	
*Fresh potatoes, peeled, 1/4" cubes	1 lb 1 oz	3 1/4 cups	2 lb 2 oz	1 qt 2 1/2 cups	4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 10 oz	2 2/3 cups (1 3/4 No. 300 cans)	3 lb 4 oz	1 qt 1 1/3 cups (3 1/2 No. 300 cans)	
Salt		2 tsp		1 Tbsp 1 tsp	5. Stir in corn, salt, and pepper. CCP: Heat to 165° F or higher for at least 15 seconds
Ground black or white pepper		1/4 tsp		1/2 tsp	
					6. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (1/2 cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	3 oz	6 oz
Potatoes	1 lb 5 oz	2 lb 10 oz

Corn Chowder

Vegetable

Soups

H-03

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 3 oz

50 Servings: 14 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	94	Saturated Fat	0.91 g	Iron	0.36 mg
Protein	2.87 g	Cholesterol	2 mg	Calcium	66 mg
Carbohydrate	13.72 g	Vitamin A	251 IU	Sodium	333 mg
Total Fat	3.46 g	Vitamin C	3.2 mg	Dietary Fiber	0.8 g

Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry Great Northern beans OR Dry Navy pea beans	5 oz	¾ cup	10 oz	1 ½ cups	1. Soak all beans in water for 20-30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
	OR 5 oz	OR ¾ cup	OR 10 oz	OR 1 ½ cups	
Dry pinto beans	2 oz	¼ cup	4 oz	½ cup	
Dry kidney beans	2 oz	⅓ cup	4 oz	⅔ cup	
Water (for soaking beans)		1 qt		2 qt	
Chicken stock, non-MSG		3 qt 1 ½ cups		1 gal 2 ¾ qt	2. In a heavy pot, combine soaked beans, chicken stock, bay leaves, thyme, and granulated garlic. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
Dried bay leaf		1 each		2 each	
Dried thyme		¼ tsp		½ tsp	
Granulated garlic		¼ tsp		½ tsp	
*Fresh potatoes, ½" diced	8 oz	1 ½ cups	1 lb	3 cups	3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, ½" chopped	5 oz	1 cup 3 Tbsp	10 oz	2 ¼ cups 2 Tbsp	
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Lowfat 1% milk, hot		1 ¼ cups		2 ½ cups	4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Salt		⅛ tsp		¼ tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	

Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

5. Remove bay leaves.

CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	10 oz	1 lb 4 oz
Carrots	6 oz	12 oz
Celery	5 oz	10 oz
Mature onions	4 oz	8 oz

SERVING:

½ cup (4 oz ladle) provides ⅓ cup of cooked dry beans or the equivalent of ½ oz cooked lean meat and ⅓ cup of vegetable.

YIELD:

25 Servings: 6 lb 1 oz

50 Servings: 12 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Special Tips:

- 1) If a softer bean is desired, beans may be soaked overnight.
- 2) If desired, soup may be made with canned beans. For 25 servings, substitute a total of 3 ⅓ cups of canned beans, drained. For 50 servings, substitute a total of 1 qt 2 ¼ cups of canned beans, drained.

Nutrients Per Serving

Calories	47	Saturated Fat	0.12 g	Iron	0.70 mg
Protein	2.76 g	Cholesterol	1 mg	Calcium	34 mg
Carbohydrate	8.77 g	Vitamin A	1298 IU	Sodium	36 mg
Total Fat	0.31 g	Vitamin C	1.6 mg	Dietary Fiber	2.2 g

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 qt ½ cup		2 qt 1 cup	1. In a heavy pot, bring chicken stock to a boil.
*Fresh carrots, ¼" chopped	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups	2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ½ cups OR ½ cup 2 Tbsp	1 lb OR 3 oz	3 cups OR 1 ¼ cups	
Margarine or butter	2 oz		4 oz		3. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Lowfat 1% milk, hot		2 cups		1 qt	4. Slowly add hot milk. Continue to whisk until smooth.
					5. Slowly add stock and vegetables.
Salt		¼ tsp		½ tsp	6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Ground black or white pepper		⅛ tsp		¼ tsp	
Hot pepper sauce		⅛ tsp		¼ tsp	
Reduced fat Cheddar cheese, shredded	1 lb 3 oz		2 lb 6 oz		7. Add cheese, whisking occasionally until cheese is melted.
Frozen chopped broccoli	1 lb		2 lb		8. Add broccoli. Stir occasionally.
					CCP: Heat to 165° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher.
					Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 4 oz
Mature onions	11 oz	1 lb 6 oz

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

SERVING:

½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	120	Saturated Fat	3.03 g	Iron	0.53 mg
Protein	7.89 g	Cholesterol	13 mg	Calcium	239 mg
Carbohydrate	8.61 g	Vitamin A	5211 IU	Sodium	240 mg
Total Fat	6.15 g	Vitamin C	11.3 mg	Dietary Fiber	1.4 g

Tomato Pasta Soup

Vegetable-Grains/Breads

Soups

H-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato juice		1 qt 2 cups		3 qt	1. In a heavy pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves. CCP: Heat to 135° F or higher.
Lowfat 1% milk		1 qt		2 qt	
Dried bay leaf		2 each		4 each	
Canned tomato paste	2 oz	¼ cup (⅓ 12 oz can plus 2 Tbsp)	4 oz	½ cup (⅓ 12 oz can plus 2 Tbsp)	
Sugar		2 Tbsp		¼ cup	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Celery salt		½ tsp		1 tsp	
Ground black or white pepper		⅓ tsp		¼ tsp	
Enriched elbow macaroni OR Enriched alphabet pasta OR Enriched orzo	11 ½ oz OR 11 ½ oz OR 11 ½ oz	2 ⅔ cups OR 2 cups OR 1 ⅔ cups	1 lb 7 oz OR 1 lb 7 oz OR 1 lb 7 oz	1 qt 1 ⅓ cups OR 1 qt OR 3 ⅓ cups	
2. Cook pasta in boiling water about 8 minutes or until tender but firm ("al dente"). Drain and add to soup.					
3. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).					

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread.	25 Servings: 6 lb 13 ½ oz 50 Servings: 13 lb 11 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Tomato Pasta Soup

Vegetable-Grains/Breads

Soups

H-06

Special Tips:

1) For variety, use a combination of all three types of pasta. For 25 servings, use 11 ½ oz. For 50 servings, use 1 lb 7 oz.

2) Garnish with grated cheese.

Nutrients Per Serving					
Calories	88	Saturated Fat	0.30 g	Iron	0.99 mg
Protein	3.69 g	Cholesterol	2 mg	Calcium	58 mg
Carbohydrate	16.97 g	Vitamin A	465 IU	Sodium	278 mg
Total Fat	0.73 g	Vitamin C	12.1 mg	Dietary Fiber	0.9 g

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry lentils	11 oz	1 ½ cups	1 lb 6 oz	3 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. 2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Beef stock, non-MSG		3 qt		1 gal 2 qt	
Canned tomato paste	10 oz	1 cup 1 Tbsp (¾ 12 oz can plus 1 Tbsp)	1 lb 4 oz	2 cups 2 Tbsp (1 ⅔ 12 oz cans)	3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
*Fresh potatoes, peeled, ¼" cubes	3 oz	½ cup	6 oz	1 cup	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, ½" chopped	4 oz	1 cup	8 oz	2 cups	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dried bay leaf		1 each		2 each	
Ground cumin		⅓ tsp		¼ tsp	

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	4 oz	8 oz
Mature onions	3 oz	6 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ⅓ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	71	Saturated Fat	0.16 g	Iron	1.75 mg
Protein	4.63 g	Cholesterol	1 mg	Calcium	19 mg
Carbohydrate	12.73 g	Vitamin A	1326 IU	Sodium	82 mg
Total Fat	0.55 g	Vitamin C	7.9 mg	Dietary Fiber	4.0 g

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		1 qt 3 ½ cups		3 qt 3 cups	1. In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.)
*Cooked dry Navy beans (see preparation note)	3 lb 7 oz	1 qt 2 ½ cups	6 lb 14 oz	3 qt 1 cup	
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, chopped	4 oz	1 cup	8 oz	2 cups	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Cooked ham, diced (optional)	4 oz		8 oz		
					2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	3. Combine flour and cold water. Mix until smooth.
Water, cold		½ cup		1 cup	
					4. Slowly add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.
					5. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Dry Navy beans	1 lb 3 oz	2 lb 6 oz
Mature onions	4 oz	8 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat and ⅙ cup of vegetable.

YIELD:

25 Servings: 6 lb 5 ½ oz

50 Servings: 12 lb 11 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb Navy beans=about 2 ¼ cups dry or 6 cups cooked pinto beans.

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Nutrients Per Serving

Calories	107	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	6.07 g	Cholesterol	0 mg	Calcium	51 mg
Carbohydrate	20.24 g	Vitamin A	1141 IU	Sodium	27 mg
Total Fat	0.46 g	Vitamin C	3.7 mg	Dietary Fiber	4.5 g

Cream of Vegetable Soup

Vegetable

Soups

H-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	1. In a heavy pot, melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	¾ cup 2 Tbsp OR ¼ cup 1 Tbsp	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped (optional)	2 oz	½ cup	4 oz	1 cup	2. Blend in flour and cook over medium heat, stirring constantly until light brown 5 minutes.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	3. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock, non-MSG		1 qt 2 ¼ cups		3 qt 2 ½ cups	
Ground black or white pepper		¼ tsp		½ tsp	4. Add vegetables. Cook over medium heat, until heated through, 5-10 minutes.
Dried basil (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		1 Tbsp		2 Tbsp	5. CCP: Heat to 165° F or higher for at least 15 seconds.
Granulated garlic		¾ tsp		1 ½ tsp	
Canned mixed vegetables, drained	2 lb 7 oz	1 qt 2 ¾ cups (2 No. 2-½ cans)	4 lb 14 oz	3 qt 1 ½ cups (4 No. 2-½ cans)	5. CCP: Hold for hot service at 135° F or higher.
					Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz
Celery (optional)	3 oz	6 oz

Cream of Vegetable Soup

Vegetable

Soups

H-09

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 6 lb 13 oz

50 Servings: 13 lb 10 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	80	Saturated Fat	0.79 g	Iron	0.70 mg
Protein	2.46 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9.15 g	Vitamin A	5326 IU	Sodium	135 mg
Total Fat	3.87 g	Vitamin C	2.5 mg	Dietary Fiber	1.5 g

Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 2. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. CCP: Heat to 165° F or higher for at least 15 seconds. 3. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched medium noodles	5 ½ oz	1 qt	11 oz	2 qt	
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz

Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

Chicken, whole, without neck and giblets	2 lb 5 oz	4 lb 10 oz
OR	OR	OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 7 lb 1 oz

50 Servings: 14 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	61	Saturated Fat	0.39 g	Iron	0.58 mg
Protein	5.47 g	Cholesterol	21 mg	Calcium	9 mg
Carbohydrate	6.18 g	Vitamin A	21 IU	Sodium	33 mg
Total Fat	1.50 g	Vitamin C	0.5 mg	Dietary Fiber	0.4 g

Chicken or Turkey Rice Soup

Meat-Grains/Breads

Soups

H-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched white rice, medium grain	8 oz		1 lb		
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		
					3. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

Chicken or Turkey Rice Soup

Meat-Grains/Breads

Soups

H-10A

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 7 lb 1 oz

50 Servings: 14 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	64	Saturated Fat	0.34 g	Iron	0.60 mg
Protein	5.01 g	Cholesterol	13 mg	Calcium	7 mg
Carbohydrate	7.90 g	Vitamin A	16 IU	Sodium	32 mg
Total Fat	1.23 g	Vitamin C	0.5 mg	Dietary Fiber	0.2 g

Vegetable Soup

Vegetable

Soups

H-11

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Chicken or beef stock, non-MSG		2 qt 1 ¼ cups		1 gal 2 ½ cups	1. In a heavy pot, combine stock, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)		
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp		
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup		
Ground black or white pepper		¼ tsp		½ tsp		
Dried parsley		1 Tbsp		2 Tbsp		
Granulated garlic		1 ½ tsp		1 Tbsp		
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups		2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	⅔ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup		
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp		
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (⅔ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups		
					3. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.	

Vegetable Soup

Vegetable

Soups

H-11

4. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 5 lb 3 oz

50 Servings: 10 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	20	Saturated Fat	0.03 g	Iron	0.38 mg
Protein	0.87 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	4.28 g	Vitamin A	947 IU	Sodium	62 mg
Total Fat	1.05 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Beef Vegetable Soup

Meat-Vegetable

Soups

H-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 1 oz		2 lb 2 oz		1. Brown ground beef. Drain. Continue immediately. 2. In a heavy pot, combine stock, cooked ground beef, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
Beef stock, non-MSG		1 qt 3 ¼ cups		3 qt 2 ½ cups	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	¾ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup	
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp	
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (⅔ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups	

Beef Vegetable Soup

Meat-Vegetable

Soups

H-11A

	<p>4. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with 4 oz ladle (½ cup).</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ½ oz of cooked lean meat and ¼ cup of vegetable.	<p>25 Servings: 5 lb 15 oz</p> <p>50 Servings: 11 lb 14 oz</p>	<p>25 Servings: 3 quarts ½ cup</p> <p>50 Servings: about 1 gallon 2 ¼ quarts</p>

Tested 2004

Nutrients Per Serving					
Calories	62	Saturated Fat	1.16 g	Iron	0.81 mg
Protein	4.91 g	Cholesterol	13 mg	Calcium	15 mg
Carbohydrate	4.63 g	Vitamin A	954 IU	Sodium	107 mg
Total Fat	2.80 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Chicken or Turkey Vegetable Soup

Meat-Vegetable

Soups

H-11B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 qt 2 cups		1 gal 1 qt	1. In a heavy pot, combine stock, cooked chicken or turkey, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups	
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	⅔ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup	
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp	
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (⅔ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups	
					3. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.

Chicken or Turkey Vegetable Soup

Meat-Vegetable

Soups

H-11B

4. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and ¼ cup of vegetable.

YIELD:

25 Servings: 5 lb 15 oz
50 Servings: 11 lb 14 oz

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.33 g	Iron	0.56 mg
Protein	5.09 g	Cholesterol	13 mg	Calcium	12 mg
Carbohydrate	4.23 g	Vitamin A	955 IU	Sodium	70 mg
Total Fat	1.27 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Minestrone

Vegetable

Soups

H-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		¼ cup		½ cup	1. Pour water into large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
*Fresh carrots, chopped	5 ½ oz	1 ¼ cups 1 Tbsp	11 oz	2 ½ cups 2 Tbsp	2. Add beef stock, tomato paste, pepper, oregano, parsley, granulated garlic, and marjoram (optional). Simmer, uncovered, for 30 minutes.
*Fresh cabbage, chopped		½ cup 2 Tbsp	3 oz	1 ¼ cups	
*Fresh celery, chopped	2 oz	½ cup	4 oz	1 cup	
*Fresh zucchini, cubed (optional)	2 oz	1 ½ cups 2 Tbsp	4 oz	3 ¼ cups	
Beef stock, non-MSG		2 qt		1 gal	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Ground black or white pepper		¼ tsp		½ tsp	
Dried oregano		⅛ tsp		⅛ tsp	
Dried parsley		⅛ tsp		¼ tsp	
Granulated garlic		½ tsp		1 tsp	
Dried marjoram (optional)		⅛ tsp		¼ tsp	
Canned Great Northern beans, drained	1 lb 2 oz	2 cups (2 No. 300 cans)	2 lb 4 oz	1 qt (4 No. 300 cans)	3. Add beans and macaroni. Continue simmering for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched elbow macaroni	2 ¾ oz		5 ½ oz		4. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

Minestrone

Vegetable

Soups

H-12

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Carrots	7 oz	14 oz
Cabbage	2 oz	4 oz
Celery	3 oz	6 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Special Tip: Garnish with Parmesan cheese

Nutrients Per Serving

Calories	52	Saturated Fat	0.13 g	Iron	1.08 mg
Protein	3.09 g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	9.98 g	Vitamin A	1574 IU	Sodium	56 mg
Total Fat	0.43 g	Vitamin C	4.7 mg	Dietary Fiber	1.7 g

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	2. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional) OR	4 oz	½ cup	8 oz	1 cup	3. CCP: Hold for hot service at 135° F or higher.
Lowfat mayonnaise (optional)	4 oz	½ cup	8 oz	1 cup	Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Potatoes	3 lb 2 oz	6 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 15 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 5 lb 14 oz	50 Servings: 3 quarts ½ cup

Edited 2004

Special Tip:
For variation, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Mashed Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-01

Nutrients Per Serving

Calories	55	Saturated Fat	0.43 g	Iron	0.15 mg
Protein	0.97 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	8.66 g	Vitamin A	97 IU	Sodium	213 mg
Total Fat	1.95 g	Vitamin C	3.1 mg	Dietary Fiber	0.7 g

Potatoes with Vegetables

Vegetable

Vegetables

I-01A

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled, quartered	2 lb 8 oz		5 lb		1. In a pot, boil potato quarters in water about 30 minutes or until tender. Drain.
Lowfat 1% milk, hot		¾ cup		1 ½ cups	2. In a mixing bowl, combine hot potatoes, milk, margarine or butter, salt, pepper, and salad dressing or mayonnaise (optional). Using the whip attachment, mix on medium speed for 3 minutes. Scrape down sides of bowl. Mix on high speed for 1 minute, until smooth.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Reduced calorie salad dressing (optional) OR	4 oz	½ cup	8 oz	1 cup	
Lowfat mayonnaise (optional)	4 oz	½ cup	8 oz	1 cup	
Frozen mixed vegetables	2 lb 12 oz	1 qt 2 ½ cups	5 lb 8 oz	3 qt 1 cup	3. Place 1 lb 6 oz (3 ¼ cups) frozen mixed vegetables in pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Spread 1 lb 7 ½ oz (3 ½ cups) mashed potatoes over vegetables in each pan. Bake uncovered: Conventional oven: 350° F for 30 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					4. CCP: Hold for hot service at 135° F or higher. Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

Potatoes with Vegetables

Vegetable

Vegetables

I-01A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
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Potatoes	3 lb 2 oz	6 lb 4 oz
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SERVING:

1 piece provides ½ cup of vegetable.

YIELD:

24 Servings: 5 lb 8 oz

48 Servings: 11 lb

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Special Tip:

For variation, use red potatoes and leave skins on half of the potatoes. Mash as directed.

Nutrients Per Serving

Calories	88	Saturated Fat	0.46 g	Iron	0.58 mg
Protein	2.57 g	Cholesterol	0 mg	Calcium	26 mg
Carbohydrate	15.87 g	Vitamin A	2323 IU	Sodium	240 mg
Total Fat	2.10 g	Vitamin C	7.3 mg	Dietary Fiber	3.1 g

Vegetable Medley

Vegetable

Vegetables

I-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp		¼ cup 2 Tbsp	1. Heat oil in a pot. 2. Add the carrots, green beans, and corn. Cover. Cook on low heat for 20 minutes.
*Fresh carrots, sliced	2 lb 5 oz	1 qt 3 ¾ cups	4 lb 10 oz	3 qt 3 ½ cups	
Frozen cut green beans	1 lb 4 oz		2 lb 8 oz		3. Remove from heat. Drain. Reserve drained liquid for step 4. Reserve vegetables for step 6.
Frozen whole kernel corn	2 lb 4 oz		4 lb 8 oz		
Vegetable or chicken stock, non-MSG		1 qt ¾ cup		2 qt 1 ½ cups	4. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and granulated garlic. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable liquid, reserved		½ cup		1 cup	
Salt		1 Tbsp		2 Tbsp	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Granulated garlic		¼ tsp		½ tsp	
Cornstarch		¾ cup		1 ½ cups	5. Dissolve cornstarch in cold water. Add to hot liquid and simmer, stirring constantly until thickened, about 5 minutes.
Water, cold		¾ cup		1 ½ cups	
					6. Pour sauce over vegetables and toss to coat.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb 13 oz	5 lb 10 oz

Vegetable Medley

Vegetable

Vegetables

I-02

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

25 Servings: 7 lb 11 oz

50 Servings: 15 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ½ cups

Tested 2004

Nutrients Per Serving

Calories	102	Saturated Fat	0.30 g	Iron	0.74 mg
Protein	2.17 g	Cholesterol	0 mg	Calcium	31 mg
Carbohydrate	20.67 g	Vitamin A	9776 IU	Sodium	327 mg
Total Fat	2.09 g	Vitamin C	6.3 mg	Dietary Fiber	2.9 g

Sesame Broccoli

Vegetable

Vegetables

I-03

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Chicken stock, non-MSG		1 ½ cups		3 cups	1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.	
Ground ginger		¼ tsp		¼ tsp		
Sugar		2 Tbsp		¼ cup		
Low-sodium soy sauce		2 Tbsp		¼ cup		
Cornstarch		1 Tbsp	1 tsp	2 Tbsp	2 tsp	2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally, until slightly thickened.
Water, cold		2 Tbsp		¼ cup		
Sesame oil		2 Tbsp		¼ cup	3. Remove sauce from heat and slowly whisk in sesame oil.	
*Fresh broccoli florets OR Frozen chopped broccoli	2 lb 2 oz OR 2 lb 10 oz	1 gal	4 lb 4 oz OR 5 lb 4 oz	2 gal	4. Steam or boil broccoli for 5 minutes. Drain.	
					5. Pour sauce over broccoli and stir to coat.	
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 12 oz 50 Servings: 5 lb 8 oz	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

Edited 2004

Sesame Broccoli

Vegetable

Vegetables

I-03

Nutrients Per Serving

Calories	30	Saturated Fat	0.19 g	Iron	0.29 mg
Protein	1.05 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.39 g	Vitamin A	758 IU	Sodium	73 mg
Total Fat	1.26 g	Vitamin C	25.0 mg	Dietary Fiber	1.3 g

Potato Patties

Meat Alternate-Vegetable

Vegetables

I-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated potato flakes	12 oz		1 lb 8 oz		1. In a bowl, combine potato flakes and baking powder.
Baking powder		1 Tbsp		2 Tbsp	
Water, boiling		1 qt 1 ¼ cups		2 qt 2 ½ cups	2. In a mixing bowl, combine boiling water, parsley, and salt. Using the paddle attachment, mix on low speed for 10 seconds. Slowly add potato flakes. Mix until liquid is absorbed.
Dried parsley		¼ cup 2 Tbsp		¾ cup	
Salt		2 tsp		1 Tbsp 1 tsp	3. Slowly add eggs and cheese. Mix on medium speed for 1 minute until smooth.
Frozen whole eggs, thawed OR Fresh large eggs	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	
Reduced fat Monterey Jack cheese, shredded	11 oz	2 ¾ cups	1 lb 6 oz	1 qt 1 ½ cups	4. Using a No. 12 scoop (⅓ cup), portion patties. Place 12 or 13 patties onto half-sheet pans (13" x 18" x 1") which have been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Flatten cakes slightly.
					5. Bake until golden brown and crisp: Conventional oven: 375° F for 20 minutes Convection oven: 350° F for 10-15 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion is 1 patty.

Potato Patties

Meat Alternate-Vegetable

Vegetables

I-04

SERVING:

1 patty provides the equivalent of ½ oz of cooked lean meat and ⅔ cup of vegetable.

YIELD:

25 Servings: 3 lb 10 oz

50 Servings: 6 lb 20 oz

VOLUME:

25 Servings: 2 quarts ⅓ cup
25 patties

50 Servings: 1 gallon ⅔ cup
50 patties

Tested 2004

Special Tip:

Spray patties with vegetable spray before baking to aid in browning process.

Nutrients Per Serving

Calories	98	Saturated Fat	1.98 g	Iron	0.63 mg
Protein	5.55 g	Cholesterol	37 mg	Calcium	131 mg
Carbohydrate	11.49 g	Vitamin A	162 IU	Sodium	341 mg
Total Fat	3.44 g	Vitamin C	11.6 mg	Dietary Fiber	1.0 g

Oven Fries

Vegetable

Vegetables

I-05

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 100 count (at least 8 oz each)	6 lb	12 each	12 lb	24 each	1. Wash potatoes. Cut each potato in six pieces. Cover with cold water to retard discoloring. Before baking, drain and pat with a clean, dry cloth.
Vegetable oil		½ cup		1 cup	
Ground black or white pepper		½ tsp		1 tsp	2. In a bowl, toss potatoes with oil. On each paper lined half-sheet pan (13" x 18" x 1") distribute potatoes evenly skin side down. For 24 servings, use 2 half-sheet pans. For 48 servings, use 4 half-sheet pans.
Salt		2 tsp		1 Tbsp 1 tsp	
Paprika		½ tsp		1 tsp	3. In a bowl, combine pepper, salt, and paprika.
					4. Sprinkle 1 ½ tsp of this seasoning mix over each pan of potatoes.
					5. Bake: Conventional oven: 500° F for 25-28 minutes Convection oven: 450° F for 20-23 minutes Turn potatoes over after 15 minutes for even cooking. Bake until brown and tender. CCP: Heat to 135° F or higher for at least 15 seconds.
Parmesan cheese, grated		2 Tbsp		¼ cup	6. Sprinkle 1 Tbsp Parmesan cheese over each tray of potatoes. Return to oven for 1 minute.
					7. CCP: Hold for hot service at 135° F or higher. Portion is 3 pieces.

SERVING:	YIELD:	VOLUME:
3 pieces provide ¾ cup of vegetable.	24 Servings: 4 lb 7 oz	24 Servings: 72 pieces
	48 Servings: 8 lb 14 oz	48 Servings: 144 pieces

Tested 2004

Oven Fries

Vegetable

Vegetables

I-05

Nutrients Per Serving					
Calories	126	Saturated Fat	0.71 g	Iron	1.03 mg
Protein	2.53 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	19.73 g	Vitamin A	37 IU	Sodium	197 mg
Total Fat	4.46 g	Vitamin C	9.0 mg	Dietary Fiber	2.1 g

Potato Pancakes

Meat Alternate-Vegetable

Vegetables

I-06

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen, hash brown potatoes OR *Fresh potatoes, peeled, grated	2 lb 12 oz OR 2 lb 12 oz	1 qt 2 cups OR 1 qt 2 cups	5 lb 8 oz OR 5 lb 8 oz	3 qt OR 3 qt	1. In a bowl, cover potatoes with water and add salt.
Salt		1 ½ tsp		1 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs	14 oz	1 ⅔ cups OR 8 each	1 lb 12 oz	3 ⅓ cups OR 16 each	2. In a separate bowl, beat eggs until foamy.
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt ¼ cup OR 2 ¼ cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	3. Add onions, pepper, granulated garlic, salt, and parsley (optional) to beaten eggs. Whisk to combine.
Granulated garlic		¾ tsp		1 ½ tsp	
Salt		2 tsp		1 Tbsp 1 tsp	4. Drain water from potatoes. Add potatoes to egg mixture and stir gently until they are coated.
*Fresh chopped parsley (optional)		¼ cup 2 Tbsp		¾ cup	
Cracker meal	6 oz	1 ½ cups	12 oz	3 cups	5. Add cracker meal and stir until combined.
					6. Spread 2 lb 14 ½ oz (1 ½ qt) of the potato-egg mixture evenly onto each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans. Bake until lightly browned and crispy: Conventional oven: 375° F for 45 minutes Convection oven: 350° F for 35 minutes CCP: Heat to 155° F or higher for at least 15 seconds.

Potato Pancakes

Meat Alternate-Vegetable

Vegetables

I-06

7. CCP: Hold for hot service at 135° F or higher.

Cut each pan 4 x 3 (12 pieces). Portion is 1 piece.

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Potatoes	3 lb 7 oz	6 lb 14 oz
Mature onions	14 oz	1 lb 12 oz
Parsley	1 oz	1 oz

SERVING:

1 piece provides ¼ large egg or the equivalent of ½ oz of cooked lean meat and ¼ cup of vegetable.

YIELD:

24 Servings 5 lb 2 oz
48 Servings 10 lb 4 oz

VOLUME:

24 Servings 2 pans
48 Servings 4 pans

Tested 2004

Special Tip:

These pancakes may be served with Maple Applesauce Topping (C-01).

Nutrients Per Serving

Calories	101	Saturated Fat	0.54 g	Iron	5.02 mg
Protein	4.14 g	Cholesterol	70 mg	Calcium	13 mg
Carbohydrate	16.47 g	Vitamin A	105 IU	Sodium	229 mg
Total Fat	1.80 g	Vitamin C	6.2 mg	Dietary Fiber	1.6 g

Broccoli Soufflé

Vegetable

Vegetables

I-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	1. White sauce: Melt margarine or butter in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Lowfat 1% milk, hot		1 qt		2 qt	2. Using a wire whip, slowly add hot milk to flour mixture. Cook until white sauce is thickened and smooth, about 10 minutes.
Egg yolks	6 oz	8 each	12 oz	16 each	
*Fresh broccoli, chopped OR Frozen chopped broccoli	2 lb OR 2 lb 15 oz	1 qt ⅞ cup OR 1 ¾ qt 1 Tbsp	4 lb OR 5 lb 14 oz	2 qt 1 ¾ cups OR 3 qt 2 ½ cups	4. Cook fresh broccoli: Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 15 minutes. Steam: Place broccoli in steamtable pan (12" x 20" x 2"). Cook in compartment steamer for 10 minutes.
					5. Spread broccoli into shallow pans and cool. For 24 servings, use 2 pans. For 48 servings, use 4 pans. CCP: Cool to 41° F or lower within 4 hours.
*Fresh onions, grated		2 Tbsp		¼ cup	6. Add cooled broccoli (or thawed drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Enriched soft bread crumbs	4 oz	1 cup	8 oz	2 cups	
Lemon juice		1 Tbsp		2 Tbsp	7. Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce.
Egg whites	12 oz	12 each	1 lb 8 oz	24 each	

Broccoli Soufflé

Vegetable

Vegetables

I-07

	8. Place 3 lb (1 qt 3 ½ cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.
	9. Bake until knife inserted in center comes out clean. Conventional oven: 325° F for 30 minutes Convection oven: 350° F for 20 minutes CCP: Heat to 155° F or higher for at least 15 seconds. Allow to cool for 10 minutes.
	10. CCP: Hold for hot service at 135° F or higher. Cut each pan 3 x 4 (12 pieces).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 8 oz	5 lb
Mature onions	1 oz	2 oz

SERVING:

1 piece provides ¼ cup of vegetable.

YIELD:

24 Servings: 5 lb 10 oz

48 Servings: 11 lb 4 oz

VOLUME:

24 Servings: 2 pans

48 Servings: 4 pans

Edited 2004

Broccoli Soufflé

Vegetable

Vegetables

I-07

Nutrients Per Serving

Calories	149	Saturated Fat	2.17 g	Iron	0.90 mg
Protein	6.15 g	Cholesterol	92 mg	Calcium	84 mg
Carbohydrate	12.05 g	Vitamin A	1219 IU	Sodium	448 mg
Total Fat	8.65 g	Vitamin C	25.3 mg	Dietary Fiber	1.6 g

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup drained	1 lb 14 ½ oz	1 qt ¼ cup (½ No. 10 can)	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	1. Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Canned unsweetened sliced apples, solid pack, drained	1 lb 13 ½ oz	1 qt (⅓ No. 10 can)	3 lb 11 oz	2 qt (⅔ No. 10 can)	
Brown sugar, packed	2 ⅞ oz	¼ cup 2 Tbsp	5 ¾ oz	¾ cup	3. Combine brown sugar, cinnamon, and nutmeg (optional).
Ground cinnamon		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Sprinkle 3 Tbsp sugar mixture over the apples in each pan.
Margarine or butter		2 Tbsp 2 tsp		⅓ cup	
Water		¼ cup 2 Tbsp		¾ cup	5. Dot each pan with 1 Tbsp 1 tsp margarine or butter. 6. Add ¼ cup 2 Tbsp water per pan.
					7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 1 pan 50 Servings: 2 pans	25 Servings: 1 quart 2 ¼ cups 50 Servings: 3 quarts ½ cup

Edited 2004

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-08

Nutrients Per Serving					
Calories	79	Saturated Fat	0.29 g	Iron	0.39 mg
Protein	0.57 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2639 IU	Sodium	30 mg
Total Fat	1.44 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g

Mashed Potatoes (Instant)

Vegetable

Vegetables

I-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
USING POTATO FLAKES: Water, boiling		1 qt ½ cup		2 qt 1 cup	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 ½ cups		3 cups	
Instant potato flakes	8 oz		1 lb ½ oz		2. Add instant potato flakes, margarine or butter, and salt.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	
					3. Stir 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. Avoid over mixing. (Use of mixer is not recommended.)
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (1/4 cup).
USING POTATO GRANULES: Water, boiling		3 ½ cups		1 qt 3 cups	1. Pour boiling water and warm milk into a large bowl.
Instant nonfat dry milk, reconstituted, warm		1 cup 3 Tbsp		2 ¼ cups 2 Tbsp	
Instant potato granules	8 oz		1 lb ½ oz		2. Add instant potato granules, margarine or butter, and salt.
Margarine or butter	3 oz	3 Tbsp	6 oz	¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	
					3. Mix 30 seconds to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.)
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Mashed Potatoes (Instant)

Vegetable

Vegetables

I-09

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 3 lb 2 oz

50 Servings: 6 lb 4 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	50	Saturated Fat	0.29 g	Iron	0.12 mg
Protein	1.27 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	8.32 g	Vitamin A	70 IU	Sodium	105 mg
Total Fat	1.42 g	Vitamin C	7.9 mg	Dietary Fiber	0.7 g

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	3 lb 2 oz		6 lb 4 oz		1. Select a colorful assortment of 4 or more vegetables from the 3 vegetable lists. (Frozen vegetables may be mixed with fresh vegetables.) Keep Group A vegetables separate from Group B and optional vegetables, because they require different cooking times in step 4.
Group A Broccoli Carrots Cauliflower Celery Onions					
Group B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional Vegetables: Snow peas Red or green peppers Pimientos Water chestnuts					
					Clean, slice and cut vegetables into bite-size pieces.
Water		¼ cup		½ cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		2 Tsp		¼ cup	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		¼ cup		½ cup	3. Heat oil in a large, heavy skillet or pan.
Ground black or white pepper		¼ tsp		½ tsp	4. Add pepper to oil and stir.

Stir-Fry Vegetables

Vegetable

Vegetables

I-10

	5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
	6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
	7. Cover, reduce heat, and steam for 2-3 minutes. DO NOT OVERCOOK VEGETABLES. They will continue to cook on the steatable.
	8. Pour 1 qt 2 ¼ cups into serving pans (9" x 13" X 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.
	9. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Equal amounts of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

Nutrients Per Serving

Calories	38	Saturated Fat	0.33 g	Iron	0.27 mg
Protein	0.78 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.04 g	Vitamin A	2431 IU	Sodium	67 mg
Total Fat	2.32 g	Vitamin C	15.8 mg	Dietary Fiber	1.2 g

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		1 cup		2 cups	<p>1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip attachment for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.</p> <p>2. Change to paddle attachment. Add whole kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.</p> <p>3. Pour 4 lb 14 oz (2 qt 2 ⅓ cups) into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>4. Bake until lightly browned: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 155° F or higher for at least 15 seconds.</p> <p>5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Frozen whole eggs, thawed OR Fresh large eggs	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	
Sugar		1 Tbsp		2 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
Canned liquid packed whole kernel corn, drained	1 lb 6 oz	3 ¼ cups (⅓ No. 10 can)	2 lb 12 oz	1 qt 2 ½ cups (⅔ No. 10 can)	
Canned corn cream style	2 lb 4 oz	1 qt (⅓ No. 10 can)	4 lb 8 oz	2 qt (⅔ No. 10 can)	
Dehydrated onions (optional)		2 Tbsp 2 tsp	2 ¼ oz	⅓ cup	

Corn Pudding

Meat Alternate-Vegetable

Vegetables

I-11

SERVING:

1 piece provides $\frac{1}{4}$ large egg or the equivalent of $\frac{1}{2}$ oz cooked lean meat, $\frac{1}{4}$ cup of vegetable, and the equivalent of $\frac{1}{4}$ slice of bread.

YIELD:

25 Servings: about 4 lb 14 oz (uncooked)

50 Servings: about 9 lb 12 oz (uncooked)

VOLUME:

25 Servings: 1 pan

50 Servings: 2 pans

Edited 2004

Nutrients Per Serving

Calories	113	Saturated Fat	0.87 g	Iron	0.89 mg
Protein	3.79 g	Cholesterol	58 mg	Calcium	11 mg
Carbohydrate	17.95 g	Vitamin A	246 IU	Sodium	208 mg
Total Fat	3.68 g	Vitamin C	4.0 mg	Dietary Fiber	1.2 g

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, in light syrup	5 lb 1 oz	2 qt 2 ³ / ₈ cups (³ / ₄ No. 10 can)	10 lb 2 oz	1 gal 1 ³ / ₄ qt (1 ¹ / ₂ No. 10 cans)	1. Drain sweet potatoes, reserving liquid. For 25 servings, reserve ¹ / ₂ cup liquid. For 50 servings, reserve 1 cup liquid. Set liquid aside for step 3. 2. Place 2 lb 14 oz (1 qt 2 ¹ / ₄ cups) sweet potatoes into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter	2 oz	¹ / ₄ cup	4 oz	¹ / ₂ cup	
Brown sugar, packed	2 ⁷ / ₈ oz	¹ / ₄ cup 2 Tbsp	5 ³ / ₄ oz	³ / ₄ cup	3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, reserved sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend.
Frozen orange juice concentrate	3 ¹ / ₂ oz	¹ / ₄ cup 2 Tbsp	7 oz	³ / ₄ cup	
Reserved sweet potato liquid		¹ / ₂ cup		1 cup	4. Bring to a boil. Remove from heat. Add raisins (optional). 5. Pour 1 ¹ / ₄ cups 2 Tbsp glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
Ground nutmeg (optional)		¹ / ₂ tsp		1 tsp	
Ground cinnamon		¹ / ₂ tsp		1 tsp	
Raisins (optional)	2 ¹ / ₂ oz	¹ / ₂ cup	5 oz	1 cup	
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¹ / ₄ cup).

Orange-Glazed Sweet Potatoes

Vegetable

Vegetables

I-12

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 3 oz
1 pan
50 Servings: 14 lb 6 oz
2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.5 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1 Tbsp		2 Tbsp	1. Combine cornstarch with cold water until dissolved and set aside for step 3.
Water, cold		½ cup		1 cup	
Canned sliced carrots, drained OR Frozen sliced carrots	2 lb 9 oz OR 2 lb 4 oz	1 qt 3 cups (⁵ / ₈ No. 10 can) OR 2 qt	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 ¼ No. 10 cans) OR 1 gal	2. Place 2 lb 9 oz (1 qt 2 cups) carrots into each pan (9" x13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Brown sugar, packed	2 ¼ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup 1 Tbsp	3. Glaze: Combine margarine or butter, brown sugar, orange juice concentrate, nutmeg (optional), cinnamon and dissolved cornstarch. Stir to blend.
Frozen orange juice concentrate	3 ½ oz	¼ cup 2 ½ Tbsp	7 oz	¾ cup	
Ground nutmeg (optional)		½ tsp		1 tsp	4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
Ground cinnamon		½ tsp		1 tsp	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	2 ½ oz OR 2 ½ oz	¼ cup 3 Tbsp OR ½ cup	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	5. Pour 1 ¼ cups 2 Tbsp glaze over each pan of carrots. Bake: Conventional Oven: 375° F for 20-30 minutes Convection Oven: 325° F for 15-20 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Orange-Glazed Carrots

Vegetable/Fruit

Vegetables

I-12A

SERVING:

⅓ cup (No. 12 scoop) provides ¼ cup of vegetable and fruit.

YIELD:

25 Servings: 2 lb 14 ½ oz
1 pan

50 Servings: 5 lb 13 oz
2 pans

VOLUME:

25 Servings: 2 quarts ⅜ cup

50 Servings: 1 gallon ¾ cup

Edited 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.39 g	Iron	0.39 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	17 mg
Carbohydrate	7.47 g	Vitamin A	6496 IU	Sodium	135 mg
Total Fat	1.92 g	Vitamin C	6.7 mg	Dietary Fiber	0.8 g

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained, stock reserved OR *Cooked dry pinto beans, drained (see preparation note)	3 lb 2 oz OR 3 lb 12 oz	1 qt 3 cups ($\frac{7}{8}$ No. 10 can) OR 1 qt 3 cups	6 lb 4 oz OR 7 lb 8 oz	3 qt 2 cups (1 $\frac{3}{4}$ No. 10 cans) OR 3 qt 2 cups	1. Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.
Chicken or bean stock, non-MSG		$\frac{1}{4}$ cup 2 Tbsp		$\frac{3}{4}$ cup	
Vegetable oil		3 Tbsp		$\frac{1}{3}$ cup	
Seasonings (optional): Chili powder Ground cumin Paprika Onion powder		2 $\frac{1}{2}$ tsp 2 tsp $\frac{1}{2}$ tsp $\frac{1}{2}$ tsp		1 Tbsp 2 tsp 1 Tbsp 1 tsp 1 tsp 1 tsp	
					2. Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 140° F or higher for at least 15 seconds. OR If using previously cooked and chilled beans or stock: CCP: Heat to 135° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	5 $\frac{1}{2}$ oz	1 $\frac{1}{2}$ cups 2 Tbsp	11 oz	3 $\frac{1}{4}$ cups	4. Sprinkle 5 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups 2 Tbsp) cheese over each pan.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop ($\frac{1}{4}$ cup).

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Pinto beans, dry	1 lb 4 oz	2 lb 8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat.

YIELD:

25 Servings: 3 lb 5 oz

50 Servings: 6 lb 10 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ⅔ cups dry or 5 ¼ cups cooked pinto beans.

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Nutrients Per Serving

Calories	81	Saturated Fat	0.99 g	Iron	1.07 mg
Protein	5.17 g	Cholesterol	4 mg	Calcium	85 mg
Carbohydrate	8.88 g	Vitamin A	46 IU	Sodium	286 mg
Total Fat	2.88 g	Vitamin C	0.3 mg	Dietary Fiber	2.0 g

Scalloped Potatoes (Dry Slices)

Vegetable

Vegetables

I-14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	9 oz	1 qt 1 ½ cups	1 lb 2 oz	2 qt 3 cups	1. Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well. 2. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, place 1 lb 5 oz (1 qt 2 cups) potatoes. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	3. In a pot melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.
Enriched all-purpose flour		½ cup	3 oz	⅔ cup	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Instant nonfat dry milk, reconstituted		1 ½ qt		3 qt	5. Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat. Stirring frequently until slightly thickened, 10-15 minutes.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅜ tsp		¾ tsp	
Dried parsley (optional)		2 Tbsp		¼ cup	
					6. Pour 1 qt 2 cups liquid mixture over potatoes in each pan. Stir to combine.
Margarine or butter, melted (optional)		2 Tbsp	2 oz	¼ cup	7. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¼ cup) per pan.

Scalloped Potatoes (Dry Slices)

Vegetable

Vegetables

I-14

Enriched dry bread crumbs (optional)	3 oz	¾ cup 1 Tbsp	6 oz	1 ½ cups 2 Tbsp	8. Product should be evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					9. Continue to bake at 190° F for 30 minutes. CCP: Hold for hot service at 135° F or higher.
					10. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	61	Saturated Fat	0.30 g	Iron	0.23 mg
Protein	1.57 g	Cholesterol	0 mg	Calcium	21 mg
Carbohydrate	10.68 g	Vitamin A	70 IU	Sodium	175 mg
Total Fat	1.44 g	Vitamin C	8.8 mg	Dietary Fiber	0.8 g

Scalloped Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-14A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh potatoes, peeled and thinly sliced	2 lb 2 oz	1 qt 2 cups	4 lb 4 oz	3 qt	1. Place potatoes into pans (9" x 13" x 2") which have been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Set aside for step 5.
Margarine or butter		3 Tbsp	3 oz	¼ cup 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	2. In a pot, melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.
Enriched all-purpose flour		⅓ cup	3 oz	⅔ cup	
Instant nonfat dry milk, reconstituted		1 qt		2 qt	3. Blend in flour. Cook over medium heat for 6-8 minutes, stirring constantly until golden brown.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅜ tsp		¾ tsp	4. Slowly stir in milk, salt, pepper, and parsley (optional). Blend well. Cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Dried parsley (optional)		2 Tbsp		¼ cup	
					5. Pour 1 qt ½ cup liquid mixture over potatoes in each pan. Stir to combine.
Margarine or butter, melted (optional)		2 Tbsp	2 oz	¼ cup	6. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle crumbs evenly over each pan, approximately 4 oz (¾ cup) per pan.
Enriched dry bread crumbs (optional)	3 oz	¾ cup 1 Tbsp	6 oz	1 ½ cups 2 Tbsp	
					7. Product should be evenly golden brown on top: Conventional oven: 350° F for 50-65 minutes Convection oven: 300° F for 40-50 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					8. Continue to bake at 190° F for 30 minutes.
					9. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Scalloped Potatoes (Fresh Potatoes)

Vegetable

Vegetables

I-14A

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	2 lb 10 oz	5 lb 4 oz
Mature onions	4 oz	8 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 1 pan
50 Servings: 2 pans

VOLUME:

25 Servings: 1 quart 2 ¼ cups
50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	63	Saturated Fat	0.31 g	Iron	0.22 mg
Protein	2.10 g	Cholesterol	1 mg	Calcium	50 mg
Carbohydrate	10.59 g	Vitamin A	86 IU	Sodium	261 mg
Total Fat	1.45 g	Vitamin C	3.0 mg	Dietary Fiber	0.8 g

Mexicali Corn

Vegetable

Vegetables

I-15

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole kernel corn, drained OR Frozen whole kernel corn	2 lb 1 oz OR 1 lb 14 oz	1 qt 1 ⅓ cups (½ No. 10 can) OR 1 qt 1 ¼ cups	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅔ cups (1 No. 10 can) OR 2 qt 2 ½ cups	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ cup	6 oz	1 cup OR ½ cup	2. To Heat: Place corn mixture in stock pot. For 25 servings, add 1 cup water. For 50 servings, add 2 cups water. Heat, uncovered. Drain. Pour into pans (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP: Heat to 135° F or higher.
Canned pimientos, chopped		2 Tbsp 2 tsp	3 oz	¼ cup 1 Tbsp	
Margarine or butter		2 Tbsp	2 oz	¼ cup	3. Add pimientos, butter or margarine, Chili powder, cumin, paprika, and onion powder. Stir lightly.
Chili powder		½ tsp		1 ¼ tsp	
Ground cumin		⅜ tsp		¾ tsp	
Paprika		¼ tsp		½ tsp	
Onion powder		¼ tsp		½ tsp	
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Green peppers	9 oz	1 lb 2 oz
Mature onions	4 oz	8 oz

Mexicali Corn

Vegetable

Vegetables

I-15

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 2 lb 9 ½ oz

50 Servings: 5 lb 3 oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	43	Saturated Fat	0.25 g	Iron	0.42 mg
Protein	1.13 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	7.89 g	Vitamin A	220 IU	Sodium	92 mg
Total Fat	1.33 g	Vitamin C	9.8 mg	Dietary Fiber	0.9 g

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	¼ cup	4 oz	½ cup	1. Heat margarine or butter in a stock pot until browned.
Lemon juice		1 Tbsp		2 Tbsp	2. Turn off heat and add lemon juice.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	3. Add onions, basil, parsley, pepper, onion powder, Parmesan cheese, and bread crumbs. Mix, reserve for step 6.
Dried basil		¾ tsp		1 ½ tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Onion powder		½ tsp		1 tsp	
Reduced fat Parmesan cheese, grated		3 Tbsp	2 oz	¼ cup 2 Tbsp	
Enriched dry bread crumbs	2 ½ oz	½ cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz		4. Place broccoli and cauliflower in separate pans (9" x 13" x 2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. CCP: Heat to 135° F or higher.
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz		5. Combine 11 oz of cooked broccoli and 11 oz of cooked cauliflower in each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					6. Sprinkle ½ cup of bread crumb mixture over each pan of vegetables before serving.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	2 oz	4 oz

Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

25 Servings: 3 lb 2 ¼ oz

50 Servings: 6 lb 5 ½ oz

VOLUME:

25 Servings: 1 quart 2 ¼ cups

50 Servings: 3 quarts ½ cup

Edited 2004

Nutrients Per Serving

Calories	46	Saturated Fat	0.62 g	Iron	0.43 mg
Protein	2.27 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	4.90 g	Vitamin A	640 IU	Sodium	130 mg
Total Fat	2.34 g	Vitamin C	20.7 mg	Dietary Fiber	1.8 g

Quick-Baked Potatoes

Vegetable

Vegetables

I-17

Ingredients	26 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh baking potatoes, 80 count (at least 10 oz each)	8 lb 2 oz	13 each	15 lb 10 oz	25 each	1. Wash potatoes. Cut in half lengthwise, leaving skins.
Vegetable oil		¼ cup		½ cup	2. Spread ½ oz (1 Tbsp) of oil in each pan (9" x 13" x 2"). For 26 servings, use 4 pans. For 50 servings, use 8 pans.
					3. Place 6-7 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up.
Seasonings					4. Mix seasonings and place in spice shaker. Sprinkle spice mixture over potatoes.
Granulated garlic		⅛ tsp		¼ tsp	
Celery salt		⅛ tsp		¼ tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Paprika		1 tsp		2 tsp	
Salt		¼ tsp		½ tsp	
					5. Turn potatoes cut-side down for browning.
					6. Bake until the surface is golden brown: Conventional oven: 450° F for 25-30 minutes Convection oven: 425° F for 20-25 minutes CCP: Heat to 135° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher. Portion is ½ potato.

SERVING:	YIELD:	VOLUME:
½ potato (with skin) provides ½ cup of vegetable.	26 Servings: 26 half-potatoes	26 Servings: 4 pans
	50 Servings: 50 half-potatoes	50 Servings: 8 pans

Edited 2004

Quick-Baked Potatoes

Vegetable

Vegetables

I-17

Nutrients Per Serving

Calories	128	Saturated Fat	0.35 g	Iron	1.28 mg
Protein	2.92 g	Cholesterol	0 mg	Calcium	18 mg
Carbohydrate	24.64 g	Vitamin A	62 IU	Sodium	35 mg
Total Fat	2.34 g	Vitamin C	11.2 mg	Dietary Fiber	2.6 g